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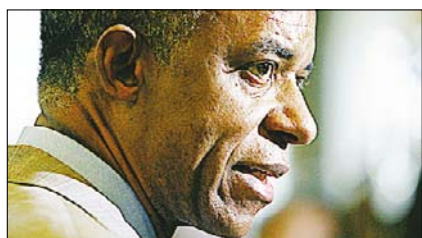
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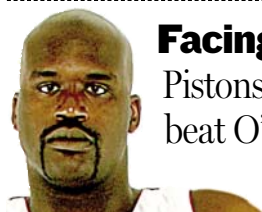
Tuesday



Rep. William Jefferson: not stepping down.

No Concession: Jefferson won't resign over bribe probe | **3**

Taliban Targeted: Airstrike kills dozens in Afghanistan | **7**



Facing the Shaq: Pistons don't need to beat O'Neal to beat the Heat | **12**

ENTERTAINMENT

Bring It: Natalie Maines and the Dixie Chicks return. Also, James Patterson; 'Dimebag' Darrell.

>> **14-19**



Weather >> Partly Sunny



53 | 38

FULL FORECAST ON PAGE 33

Data on 26.5M Vets Stolen

No identity theft reported, but records put veterans at risk

WASHINGTON | Thieves took sensitive personal information on 26.5 million U.S. veterans, including Social Security numbers and birth dates, after a Veterans Affairs employee improperly brought the material home, the government said Monday.

The information involved mainly those veterans who served and have been discharged since 1975, said VA Secretary Jim Nicholson. Data of veterans discharged

before 1975 who submitted claims to the agency may have been included.

Nicholson said there was no evidence the thieves had used the data for identity theft, and an investigation was continuing.

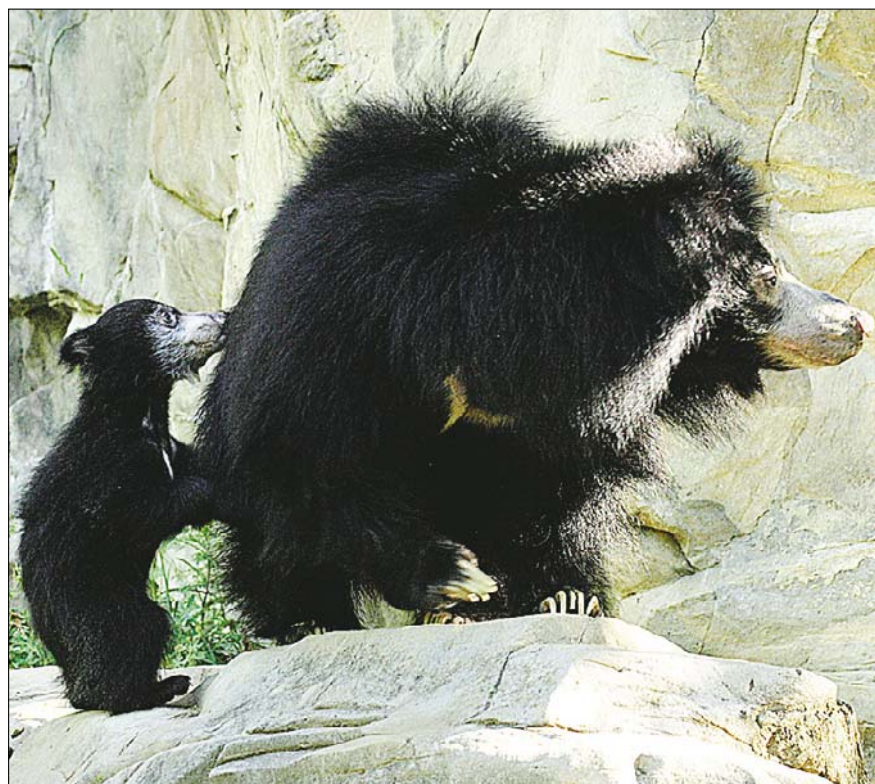
"We have decided that we must exercise an abundance of caution and make sure our veterans are aware of this incident," he said in a briefing with reporters.

Nicholson declined to comment on the

specifics of the incident, which involved a midlevel data analyst who had taken the information home to suburban Maryland on a laptop to work on a department project.

The department has come under criticism for shoddy accounting practices and for falling short on the needs of veterans. Last year, more than 260,000 veterans could not sign up for services because of cost-cutting. Audits also have shown the agency used misleading accounting methods and lacked documentation to prove its claimed savings. HOPE YEN (AP)

NATIONAL ZOO | BABY SLOTH BEAR READY TO DEBUT



BEAR BEHIND: Hana, the National Zoo's 11-year-old female sloth bear, explores her outdoor yard while her unnamed, 4½-month-old cub trails behind in this photo released by the zoo on Monday. The 22-pound male cub will make his public debut today at the zoo's sloth bear exhibit.

'06 Forecast: 4 to 6 Major Hurricanes

MIAMI | The next Atlantic hurricane season could produce up to 16 named storms, four to six of them major hurricanes, suggesting another active year but not the record pounding of 2005, scientists said Monday.

Some parts of the Gulf Coast are only starting to rebuild from Hurricane Katrina, the worst of last year's record 28 named storms, 15 of which were hurricanes, seven of them Category 3 or higher.

While such a season is not predicted this year, National Hurricane Center Director Max Mayfield warned: "One hurricane hitting where you live is enough to make it a bad season."

Meteorologists said water in the Atlantic is not as warm as it was at this time in 2005, meaning potential storms would have less of the fuel needed to develop into hurricanes. Scientists said it was unclear whether atmospheric conditions that helped produce the 2005 storms will happen again this year, but the Pacific Ocean water conditions known as El Nino and La Nina will not affect the season. (AP)

JOB HUNTING | Collected Works A Chinese college student spent 100 days writing a 100,000-word resume, China Daily reported. The University of Yangzhou student started his resume in January, spending up to three hours every night on it



until last month, he said. The resume fully explains his work and study experience in the past four years, and includes his opinions on society and life. He said he was sure the 100-page resume would generate hiring interest. (EXPRESS) **EyeOpeners** | Page 2

eyeOpeners

SUPERSIZING

Stretcher for Belt-Stretchers

Tampa has added an ambulance to its emergency vehicle fleet to accommodate extremely obese patients, the Tampa Tribune reported. The ambulance — which cost about \$15,000 more than a normal ambulance — is equipped with gear designed to better service significantly larger people, including a stretcher with a battery-powered lift that can be used for very heavy patients. "It's relatively easy to operate," said Michael Fox, a station lieutenant, adding, "It can lift up to a 700-pound patient." For patients heavier than 700 pounds, the vehicle has a folding ramp. (EXPRESS)



BARGAINS

The Customers Were Really Pumped Up

When a pump at a Hammond, Ind., gas station malfunctioned, opportunistic motorists were able to buy gas for 29 cents per gallon. A Marathon station sold a gallon of fuel for less than the

price of a first-class stamp for about 90 minutes Friday before the mistake was detected and the price corrected to \$2.79. "I was really confused," Nida Tayyab, a station clerk, said. "It was so messed up. I can't explain here how it was." When Tayyab figured out what was going on, she called for help to correct the situation. (AP)

HARASSMENT

Deliver Us From Evil

For months, a restaurant in Urayasu, China, received some sort of delivery service nearly every night, including

food, flowers, handymen, funeral operators, locksmiths, gardeners, realtors and call girls — 164 in all, from 36 different businesses. But the restaurant hadn't ordered any of it; they were all sent by the owner of a barbershop next

door, the Mainichi Daily News reported. Before starting the barrage of deliveries, Kyosuke Shida — who has now been arrested — swamped police with more than 2,000 complaint calls about the restaurant. (EXPRESS)



RON HARRIS/AP

COMPETITION

Leap Frog

Frogs jump — let's have a jubilee! That appears to be the simple reasoning behind the Calaveras County Fair and Jumping Frog Jubilee, held in Angels Camp, Calif., where this contestant prepared to set down her frog before a jump in the final round on Sunday. Joe Kitchell became the first local resident in 50 years to win the hopping contest; his frog, "Roy W." — named after the last local resident to win — leaped an impressive 19 feet, 4 inches. Try that at home, kids. (EXPRESS)



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"I even believe there is a chance that within the next two years, even Bush and Dick Cheney will be forced to change their position on this crisis."

—Al Gore, on his global warming film "An Inconvenient Truth." Bush said he doubts he'll see it.



Nation

In Brief

NEW ORLEANS

Report: City's Levees Were Underfunded Before Katrina

The federal agency responsible for maintaining the city's levees is dysfunctional and needs to be overhauled to prevent future catastrophic flooding, scientists said in a report released Monday. The group also said routine underfunding of the city's levee system was to blame for flooding during Hurricane Katrina. (AP)

JACKSON, WYO.

Tribe Seeks Authorization to Kill Eagles for Ceremonies

The Northern Arapaho Tribe and a man accused of shooting a bald eagle on the Wind River Indian Reservation say the federal government should make it easier for American Indians to apply to kill bald eagles for use in religious ceremonies. The tribe has filed a brief in the case of Winslow Friday, who allegedly shot the eagle without a permit in March 2005. (AP)

BATON ROUGE, LA.

Church Attack Victim Had Obtained Restraining Order

A woman fatally shot by her husband after authorities said he killed four of her relatives at a church service had been granted a temporary restraining order against him last year. Erica Bell, 24, filed her request in December, saying Anthony Bell sometimes beat her and once gave her a black eye in an argument over use of her car. (AP)

Jefferson Won't Resign Over Probe

Congressman accused of taking bribes slams FBI over office search

WASHINGTON | A Louisiana congressman under investigation for bribery said Monday he would not resign in the face of allegations that he was videotaped accepting \$100,000 from an informant.

Democratic Rep. William Jefferson, who has not been charged, called an FBI search of his Capitol office "an outrageous intrusion," telling reporters: "There are two sides to every story. There are certainly two sides to this story."

The FBI revealed Sunday that Jefferson was videotaped accepting \$100,000 in \$100 bills from an FBI informant, who agreed to have her conversations with the congressman taped. Agents later found the cash hidden in a freezer, according to court documents.

Asked if he took a bribe, Jefferson declined to answer. He also declined to talk about the videotape or other details alleged in an FBI affidavit presented to a judge as evidence for a warrant to search his office Saturday night and Sunday.

Jefferson, an eight-term congressman who turned 59 in March, maintained his innocence and said he will



Rep. William Jefferson holds a news conference at the Capitol on Monday.

Distancing Democrats

→ It takes nerve to be filmed taking a bribe then claim innocence, but William Jefferson has it—much to the horror of Democrats, Howard Kurtz writes. | **Today, A Section**

The Washington Post

continue voting in the House.

He called the weekend search of his Capitol Hill office "an outrageous intrusion into separation of powers between the executive branch and the congressional branch, and no one has seen this in all the time of the life of the Congress."

MARY DALRYMPLE (AP)

CALIFORNIA | 7-YEAR-OLD CONQUERS ALCATRAZ SWIM



AQUATIC 'ESCAPE': Braxton Bilbrey, 7, swims across the San Francisco Bay on Monday. The second-grader became one of the youngest swimmers to cross the 1.4-mile distance from Alcatraz Island to San Francisco.

Sens. Support Plan to Send Guard to Border

Lawmakers back Bush, authorize governors to order troop training

WASHINGTON | The Senate, eager to stanch the flow of illegal immigrants, signaled overwhelming support Monday for President Bush's plan to dispatch National Guard troops to the Mexican border.

No tour of duty could last longer than 21 days and troops would be excluded from "search, seizure, arrest or similar activity." They would support the Border Patrol, which has

primary responsibility for intercepting illegal immigrants.

The vote was 83-10 on an amendment by Sen. John Ensign, R-Nev., to authorize governors to order their states' National Guard units to perform annual duty training in Texas, New Mexico, Arizona or California. Administration officials have said Bush has the authority needed to deploy the Guard, making the vote a largely symbolic show of support.

The agreement came as the Senate debated the most far-reaching immigration bill in two decades.

DAVID ESPO (AP)

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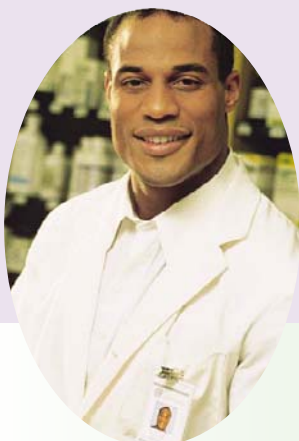
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The age of a Florida girl who drove off in an SUV, wrecking several cars. "She was so little she had to go down and hit the gas and pop her head back up to see where she was going," police said.

Nation

Bush: Iraq at Turning Point

President proclaims 'incremental progress' after leadership vote

CHICAGO | President Bush on Monday embraced the new leadership in Iraq as a turning point in the war but claimed only gradual progress in years of fighting and acknowledged that Americans are uneasy about the outcome.

"I can understand why people are concerned about whether or not our strategy can succeed because our progress is incremental," Bush said in his first speech since the swearing in of a new Iraqi government over the weekend.

The president acknowledged the American lives lost in Iraq, past mistakes and tough days to come. But Bush grabbed onto the political news coming out of Iraq as a way to support his mission in the unpopular war and declare a measure of victory over terrorists.



STEPS: President Bush gestures during a speech on Iraq in Chicago on Monday.

"There have been setbacks and missteps, like Abu Ghraib, that were felt immediately and have been difficult to overcome. Yet we have now reached a turning point in the struggle between freedom and terror," Bush said in remarks to the

National Restaurant Association. Administration officials have said the establishment of a new government is a key step toward stabilizing Iraq, but they said it was unlikely to lead to a reduction of violence anytime soon. NEDRA PICKLER (AP)

Treatment Burns Lungs to Ease Asthma

WASHINGTON | In a radical experiment, doctors are snaking wires inside the lungs of asthma patients to essentially burn off some of the tissue that blocks their ability to breathe.

Called bronchial thermoplasty, the procedure is the first attempt at a non-drug treatment for asthma.

It's not without risk. Irritating those super-sensitive airways can

trigger wheezing, and no one knows the long-term effects. Nor does it promise a cure.

But the hope is that physically altering spasm-prone airways might one day help thousands of patients with hard-to-control asthma breathe easier.

More than 20 million Americans have asthma, and the disease kills 5,000 people every year. (AP)

HEARSAY | SAFE MINES

"It makes me upset that he smothered to death. They need to have more oxygen for them."

—MARY MIDDLETON, MINER WIDOW ON REPORTS THAT THE 5 WORKERS KILLED AT AN EASTERN KENTUCKY COAL MINE WERE USING THE SAME FAULTY AIR PACK MODEL AS THE SAGO MINE DISASTER VICTIMS

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Energy Crisis

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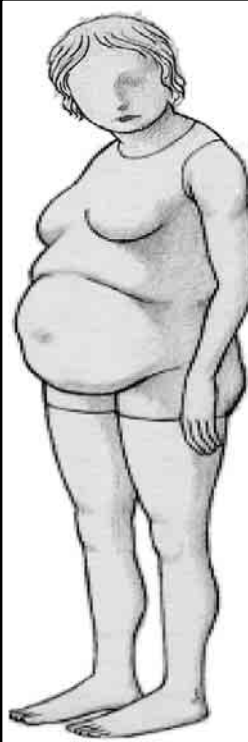


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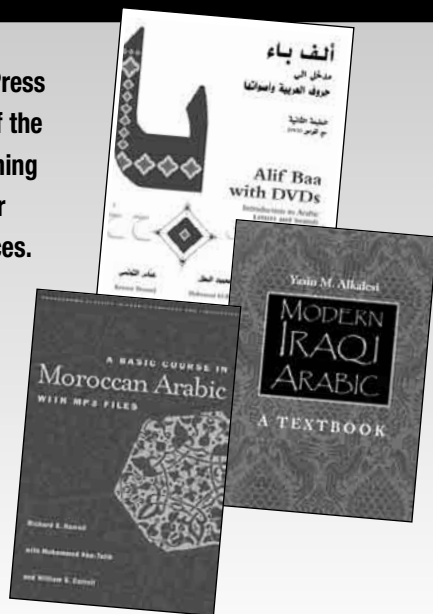
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The percentage of people who don't know what 'organic' means, only that it's 'better for you,' says a new study. The report says organic foods may not always be healthier.

FTC Reports Gas Gouging**Probe reveals little oil
industry wrongdoing
in energy markets**

WASHINGTON | The Federal Trade Commission on Monday said a nine-month investigation revealed a smattering of gasoline price gouging after Hurricane Katrina, though not any widespread effort by the oil industry to manipulate the marketplace.

Industry officials lauded the report's findings, while Democratic members of Congress lambasted them and promised some tough questioning for FTC officials at a Tuesday hearing.

The agency sought to downplay the instances of post-hurricane price gouging by seven refiners, two wholesalers and six retailers, chalking up their soaring prices in September 2005 to "regional or local market trends."

"Based on well-established economic principles, the price increases were roughly in line with increases predicted by the standard supply and demand paradigm of a competitive market," the FTC said in a 200-plus page report that noted the lack of a common legal definition of price gouging.

For the purpose of the report, and as mandated by Congress, the FTC

defined price gouging as "any finding" that the average price of gasoline in designated disaster areas in September 2005 was higher than in August 2005 for reasons other than rising production or transportation costs, or national or international market trends.

The FTC was first directed by the energy law passed last August — before Katrina — to investigate whether oil companies manipulated the price of gasoline in any way. This part of the agency's probe, which analyzed market trends dating back to the early 1990s, found "no instances of illegal market manipulation." BRAD FOSS (AP)

**BATTLEGROUND:** Candice Hardwick marches with H.K. Edgerton, a former NAACP leader and chair of the Southern Legal Resource Center in Latta, S.C., on Monday.**S.C. Student Sues Over
Confederate Clothing****Teen protesting school
ban says she's honoring
ancestors in Civil War**

LATTA, S.C. | A 15-year-old girl led a small protest march Monday over her high school's ban on Confederate flag clothing, which she is also challenging in court.

Candice Hardwick walked with about a dozen people, about half of them family members and some wearing Confederate T-shirts, a few blocks to Latta High School. Hardwick wore a Confederate belt buckle and had the flag on her cell

phone cover. She removed those items before entering the school, where she is a sophomore.

Hardwick says she wants to wear the emblem to pay tribute to ancestors who fought on the Confederate side of the Civil War.

John Kirby, school superintendent, said Monday that officials "have clothing issues every year ... and we've handled it consistently every time."

Three years ago, the 11th U.S. Circuit Court of Appeals in Atlanta upheld a lower court ruling allowing a school to ban the Confederate flag. JIM DAVENPORT (AP)

**Abu Ghraib Dog
Handler Faces
Abuse Charges**

FORT MEADE, MD. | Federal prosecutors were looking for a government witness who failed to appear at the start of the court-martial of an Army dog handler charged with abusing detainees at Abu Ghraib prison in Iraq.

The missing witness halted proceedings early Monday afternoon, shortly after a jury of four Army officers and three enlisted soldiers was selected in the trial of Sgt. Santos A. Cardona.

Cardona, 32, of Fullerton, Calif., is charged with assault, dereliction of duty, maltreatment of detainees, conspiracy to maltreat detainees and lying to investigators in late 2003 and early 2004.

The charges include an allegation that Cardona allowed his tan Belgian shepherd, Duco, to bite a detainee who posed no threat to others.

Cardona's civilian defense lawyer, Harvey J. Volzer, contends the aggressive use of dogs was sanctioned high up the chain of command as the Pentagon tried to expand to the sprawling prison in Iraq some of the interrogation and intimidation techniques that human-rights advocates have criticized at the prison camp in Guantanamo Bay, Cuba. (AP)

In Brief



WHO chief Lee Jong-wook was the first South Korean to head a U.N. agency.

GENEVA Chief of U.N. Health Agency Dies at 61 From Blood Clot

Dr. Lee Jong-wook, head of the U.N. health agency, died Monday of bleeding in the brain after dedicating his life to fighting diseases ranging from leprosy and polio to tuberculosis and bird flu. He was 61. Lee died early Monday after undergoing emergency surgery for a blood clot in his brain, said a World Health Organization statement. WHO said Lee had been hospitalized since he fell ill Saturday while attending an official function. (AP)

BAGHDAD, IRAQ Saddam's Sole Female Lawyer Ejected From Trial

Guards pulled the sole woman on Saddam Hussein's defense team from the court Monday after she had a shouting match with the chief judge, prompting her to throw off her lawyer's robe in rage. Defense lawyers raised an uproar over the removal of Bushra al-Khalil, accusing the chief judge of trying to intimidate them. Saddam also had a heated exchange with chief judge Raouf Abdel-Rahman after objecting to al-Khalil's removal. (AP)

SAO PAULO, BRAZIL Leaked Audio Tape May Have Sparked Gang Violence

Lawmakers suspect a gang responsible for coordinated attacks on police and prison riots that led to 172 deaths had advance warning of secret plans for a police crackdown, obtained from a leaked congressional audio tape. Two of the gang's lawyers, who allegedly bought the tape of police telling lawmakers of their plans, have been called to testify before Congress Tuesday. (AP)

Dozens of Taliban Die in Airstrikes

U.S.-led operation also reportedly kills at least 17 Afghan civilians

KANDAHAR, AFGHANISTAN | U.S. warplanes hunting Taliban fighters bombed a religious school and mud-brick homes in southern Afghanistan on Monday, killing dozens of suspected militants and 17 civilians in one of the deadliest strikes since the American-led invasion in 2001.

Pickup trucks ferried wounded villagers to a hospital in nearby Kandahar city. One woman, cradling her injured baby, recounted

seeing "dead people everywhere" after the nighttime attack.

Taliban violence escalates each spring in Afghanistan with snow melting on mountain passes. But the scale of the assaults — and of U.S.-led coalition response — has been greater this year, as thousands of NATO forces prepare to deploy in the volatile south, the heartland of the ousted Islamic regime.

According to coalition and Afghan figures, the airstrikes brought the death toll of militants, Afghan forces, coalition soldiers and civilians to as many as 286 since Wednesday, when the recent storm of violence erupted.



An Afghan man reportedly wounded in the coalition airstrike is taken for treatment at a hospital in Kandahar Monday.

A coalition statement said it confirmed 20 Taliban killed in the attack on the village of Azizi in Kandahar province late Sunday and early Monday, while there were "an unconfirmed 60 additional Taliban casualties."

U.S. commander Lt. Gen. Karl W. Eikenberry told The Associated Press the military was "looking into" whether civilians also were killed. Afghan officials said 17 civilians died.

Other military leaders have said the militants' increasing attacks are likely an attempt to show NATO forces that the Taliban is still a powerful presence. NOOR KHAN (AP)



FACTION FEUD: Hamas militants sit on a sidewalk during a nearly hour-long shootout with Palestinian police in Gaza City

Hamas Militants Clash With Police

Firefight with forces loyal to Abbas kills aide to Jordanian diplomat

GAZA CITY, GAZA STRIP | Hamas militiamen and Palestinian police attacked each other with assault rifles and grenades in a chaotic firefight Monday that turned downtown Gaza City into a battlefield and killed an aide to the Jordanian ambassador.

The shootout near the parliament building, which also wound-

ed 11 people, was the worst fighting since the Hamas-led government sent its militia into the streets last week and increased fears the Palestinians were careening toward civil war.

The violence, which has killed eight people in two weeks, was fueled by a bitter power struggle between Palestinian President Mahmoud Abbas, a moderate from the Fatah Party, and Hamas militants who won January parliamentary elections.

Late Monday, a six-hour meet-

ing between Hamas and Fatah representatives ended with agreement to try to defuse the conflict.

The shootout Monday sent Palestinians fleeing and left a wide swath of Gaza City deserted.

Khaled Radaida, 55, an aide to the Jordanian ambassador in Gaza, was killed as he drove past the gunfight in his Audi, which had a red diplomatic license plate. Palestinian Prime Minister Ismail Haniyeh called the Jordanian ambassador, offering condolence and pledging an inquiry. RAVI NESSMAN (AP)

Disputed Thai PM May Return

Shinawatra resumes some duties as plans stall for new elections

BANGKOK, THAILAND | Thaksin Shinawatra may return as Thailand's full-time prime minister, ending a break from politics he took last month amid street protests, the government spokesman said Monday.

Thaksin resumed some of his major duties Monday, including trying to tackle a bloody Muslim insurgency in the country's southern provinces. Spokesman Suraphong Suebwonglee said Thaksin might stage a full comeback by asking the Cabinet to revoke a resolution that appointed Chitchai Wannasathit as caretaker prime minister.

A return by Thaksin would renew tensions and probable street protests. Thailand has had no Parliament since April 2 elections were annulled by a top court.

The Election Commission on Monday proposed a further delay in plans for new elections until Oct. 29, after officials said the earlier date, Oct. 22, conflicted with the Islamic holy month of Ramadan. (AP)

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HOT POTATO: Workers at a french fries factory in England had to be evacuated twice last week when armaments suspected to date back to World Wars I and II were found in batches of imported European potatoes. Police were called in to detonate the devices.

World



GOING SOLO: A Montenegrin flag is flown in Podgorica on Monday as results of a referendum showed the region's voters favoring independence from Serbia.

Montenegro Votes To Split From Serbia

But unionists call for recount in razor-thin win for independence

PODGORICA, SERBIA-MONTENEGRO | Montenegro voted by a slim margin to secede from Serbia and form a separate nation, a result showed Monday, but the pro-Serb camp demanded a recount of the vote.

"The preliminary results of the referendum process should be double checked and ballots from all the polling stations should be recounted," said a statement signed by four main leaders of the unionist bloc.

The state referendum commission said Monday that near complete results showed 55.4 percent of voters voted in favor of Montenegro's independence on Sunday. That is just over the 55-percent threshold needed to validate Sunday's referen-

dum under rules set by the EU.

Lipka also dismissed the unionists' complaints, saying the referendum had been carried according to rules agreed upon by both camps, and the "European standards."

The unionists' demands add to tensions in Montenegro, which have been running high between those supporting independence and those opposing it.

Seeking to ease the atmosphere, Montenegro's pro-independence prime minister, Milo Djukanovic, Monday promised to help society overcome deep divisions over the question of Montenegro's relations with Serbia.

"This dilemma had hovered over Montenegro for too long," Djukanovic said. "Now, conditions have been created to overcome tensions, bridge the gaps and consolidate the Montenegrin society." (AP)

Sinn Fein Plan Rejected at Talks

BELFAST, NORTHERN IRELAND | The first attempt in years to revive a Catholic-Protestant administration for Northern Ireland failed Monday when Protestant leader Ian Paisley rejected a nomination from his Sinn Fein enemies.

Gerry Adams, leader of the IRA-linked Sinn Fein party, nominated

Paisley to become the "first minister" of the envisioned 12-member administration and Sinn Fein's own deputy leader, Martin McGuinness, to be "deputy first minister."

But Paisley immediately rejected the proposal, citing his party's long-standing refusal to cooperate with Sinn Fein until it accepts Northern Ireland's police force and encourages Catholic support for it, something Sinn Fein has refused for decades to do. (AP)

Blair Pays Visit to Baghdad

British PM backs plan to put Iraqi forces in charge of more cities

BAGHDAD, IRAQ | British Prime Minister Tony Blair agreed Monday with Iraq's new leadership about a plan for Iraqi forces to begin taking over the security of some cities and provinces, with the goal of seeing all coalition forces eventually withdraw from Iraq.

Blair will travel to Washington later this week for a summit with President Bush that is likely to focus on their overall strategy in Iraq.

But as Blair made his one-day visit to Baghdad to welcome the formation of Iraq's new national unity government, and to meet with top U.S. officials, there was no let up in the violence, with 20 people dying



British leader Tony Blair, left, met with new Iraqi Prime Minister Nouri al-Maliki.

in bombings and shootings, most of them in the capital.

After Blair met with Prime Minister Nouri al-Maliki and his new Cabinet in Baghdad's heavily fortified Green Zone, the two leaders issued a joint statement saying that beginning in June Iraqi forces would begin "progressively and

quickly taking on full responsibility for security from multinational forces in the cities and provinces of Iraq."

By year's end, they said, "responsibility for much of Iraq's territorial security should have been transferred to Iraqi control." At that point, al-Maliki said, two of Iraq's most violent provinces, Baghdad and Anbar, may be the last where coalition forces are needed.

British media quoted an unidentified senior British official traveling with Blair as saying the withdrawal of the coalition forces from Iraq should be completed within four years. But Blair's official spokesman said at a news conference in Baghdad that he could not confirm that. Blair and al-Maliki also declined to set any deadline to meet that goal. THOMAS WAGNER (AP)

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Money



PAY DAY: Leaders of Silicon Valley's top companies took home \$2.6 billion in pay during 2005, the third-highest amount ever, a newspaper survey finds. Omid Kordestani, a top exec at Google, made the list's top spot with total earnings of more than \$288 million.

NYSE Bids \$10B To Buy Euronext

Deal could create a trans-Atlantic stock market worth \$21B

The New York Stock Exchange, seeking to beat rival Nasdaq Stock Market Inc. in the race to become the first trans-Atlantic stock market, offered \$10.2 billion in cash and shares Monday for European exchange operator Euronext NV, which declared the bid to be the best option on the table.

NYSE Group Inc. said its purchase of Euronext, which runs the Paris, Brussels, Amsterdam and Lisbon exchanges, would create "the world's largest and most liquid global securities marketplace" with combined listings of \$27 trillion. The combined company, worth \$21 billion, would be called NYSE Euronext.

The acquisition would allow the NYSE Group to enter into futures and derivatives trading, as well as



RICHARD DREW/AP

The New York Stock Exchange is looking to link up with a European operator.

European stock trading. Combined with its current electronic options trading, the NYSE would be able to deal in stocks, options, futures, commodities and corporate bonds on two continents, up to 12 hours a day.

Euronext, which holds its annual shareholders meeting Tuesday, issued a statement Monday saying "the transaction with NYSE currently offers the most attractive combination," but it stopped short of a formal recommendation to shareholders. (AP)

Cedar Fair Buying Paramount Parks

NEW YORK | Cedar Fair LP, an Ohio-based amusement park operator, is buying the Paramount Parks business from CBS Corp. for \$1.24 billion in cash, the companies announced Monday.

CBS Corp. had been looking to sell the parks business, which

didn't fit with its media holdings. CBS Corp., which split up with Viacom Inc. at the beginning of the year, owns the CBS network and a group of affiliated TV stations, a large radio business and an outdoor advertising company. Viacom, which owns MTV and

VH1, kept the Paramount movie studio.

The five Paramount parks being sold to Cedar Fair are: Canada's Wonderland, near Toronto; Kings Island near Cincinnati; Kings Dominion near Richmond, Va.; Carowinds, near Charlotte, N.C.; and Great America located in Santa Clara, Calif. (AP)

Market Action

New York Stock Exchange

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
BoyiKinL	10.72	+1.52	+16.5
Libbey	14.59	+1.45	+11.0
ComScop	29.22	+1.46	+5.3
ISE	39.04	+1.92	+5.2
Synnex	18.36	+0.86	+4.9

Losers

IntenExn	59.63	-10.39	-14.8
CenEurRus	43.25	-5.05	-10.5
Salton	2.29	-.27	-10.5
IndiaFd	46.15	-5.38	-10.4
SeaCntBIf	8.35	-.95	-10.2

NASDAQ Stock Market

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
JamesIn	2.85	+.56	+24.5
ExactSci	2.77	+.53	+23.7
DectronIf	4.59	+.80	+21.1
MainSt	6.34	+1.03	+19.4
TrnWent	6.34	+.95	+17.6

Losers

MarshEd	3.32	-.78	-19.0
USGlobal	19.05	-3.70	-16.3
Oilgear	10.56	-1.99	-15.9
EDAP TMS	7.61	-1.25	-14.1
GigaMed	8.02	-1.32	-14.1

Rates

	CURRENT	PREVIOUS WEEK
Prime Rate	8.00	8.00
Fed Funds close	5.00	5.0625
3-month disc	4.71	4.74
2-year	4.95	4.98
10-year	5.04	5.16
30-year	5.13	5.27

Currency (Dollars in foreign currency)

	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.5299	.5325	.5474
Canadian Dollar	1.1149	1.1197	1.2662
European Euro	.7770	.7830	.7963
Japanese Yen	111.28	111.66	108.13
Mexican Peso	11.2940	11.1815	10.9570
Taiwanese Dollar	32.10	31.90	31.47

DOW	NASDAQ	S&P 500
-18.73	-21.02	-4.96
-0.17	-0.96	-0.39
11125.33	2172.86	1262.07

Biotech Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	67.79	+.10	-14.0
Amylin	40.03	-.77	+3
BiogenIdc	45.05	-.64	-5
Celgene s	38.20	-1.10	+17.9
ChRvLab	39.75	+.36	-6.2
GenProbe	51.38	-1.06	+5.3
Genentch	78.44	-1.59	-15.2
Genzyme	58.11	-.26	-17.9
GileadSci	54.68	-.26	+4.0
Imclone	39.78	-.33	+16.2
Invitrogn	64.71	+.15	-2.9
MedImun	30.07	-.31	-14.1
MillPhar	8.13	-.17	-16.2
PDL Bio	19.17	-.14	-32.5
VertexPh	29.45	-.80	+6.4

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FROM THE PIT: The D.C. Council will vote June 6 on whether to make the cherry the official fruit of the District, after lobbying by special-needs elementary students. The group ties the cherry to cherry blossoms and a fable about George Washington.

Local



Gwendolyn M. Hemphill and her husband, Larry, center, are questioned by reporters as they enter court on Monday.

11 Years for Union Official

Millions bilked from District teachers in 'breathtaking' scandal

WASHINGTON | The former office manager of the Washington Teachers Union was sentenced Monday to 11 years in prison for her role in embezzling millions of dollars in union dues.

Gwendolyn M. Hemphill was

convicted last August of 23 counts of conspiracy, embezzlement, money laundering and other charges. She is scheduled to begin her prison time July 22.

James O. Baxter II, the union's former treasurer, also was convicted of the same charges and is scheduled to be sentenced June 5.

Before her sentencing, Hemphill thanked her family and asked the court for leniency. "I'm deeply sorry

and ashamed for the things I did," she said.

District Judge Richard J. Leon said the embezzlement scheme was "nothing short of breathtaking."

A key witness against both Hemphill and Baxter was former union president Barbara A. Bullock, who is serving a nine-year sentence after pleading guilty to conspiracy and mail fraud three years ago as part of the same scandal. (AP)

O'Malley Shakes Up Campaign Staff

WASHINGTON | Former Maryland Democratic Party executive director Josh White has taken over as campaign manager for Baltimore Mayor Martin O'Malley, replacing Jonathan Epstein.

Campaign officials said Sunday that Epstein's decision to depart was mutual between him and the

mayor.

O'Malley, who is seeking the Democratic nomination for governor, has also beefed up his brother's role in the campaign and added veteran Maryland political operative Lucie Snodgrass to his team.

The mayor's brother, Peter O'Malley, managed his two suc-

cessful mayoral campaigns. He will be taking on "leadership responsibilities" beyond his role as senior political adviser, according to the campaign.

White joined the campaign in March as deputy manager. O'Malley spokesman Rick Abbruzzese said the mayor wanted his leadership team to have plenty of experience in Maryland politics. (AP)

Witness Says Laptop Had Maps for Murders

FBI computer analyst details Muhammad's electronic records

ROCKVILLE, MD. | A laptop computer found in sniper John Allen Muhammad's car held maps plotting routes to shootings and murder scenes denoted by a skull and crossbones, including one with the comment "good one," an FBI computer analyst said Monday.

John Hair told jurors hearing six murder charges against Muhammad from the October 2002 shootings that the digital maps had marked locations from Maryland to North Carolina. Some had notations such as "good spot" and "possible hit."

The skull and crossbones marked the Home Depot in Fairfax County, Va., where FBI analyst Linda



Muhammad alleged that evidence on his computer must have been planted.

Franklin was shot in the head on Oct. 14, 2002. The .223-caliber bullet used in the shooting was linked to the Bushmaster rifle found in Muhammad's Chevrolet Caprice when he and accomplice Lee Boyd Malvo were arrested Oct. 24, 2002.

STEPHEN MANNING (AP)

New Va. Budget May Break Impasse

RICHMOND, VA. | The Senate is expected to introduce a new budget Tuesday that yields to the House of Delegates' no-new-taxes demand, signaling a possible breakthrough in the historic budget stalemate. The impasse threatens to disrupt gov-

ernment operations if not resolved by June 30.

Senate leaders were working on the details, and things could change by the time the Senate Finance Committee takes up the bill Tuesday morning. (AP)

The Lotteries

Monday, May 22

DISTRICT	
Mid-day Lucky Numbers	3-5-8
Evening Lucky Numbers	3-6-9
Mid-day DC 4	2-0-2-0
Evening DC 4	5-4-5-5

Rolling Cash Five **23-13-30-31-12**
Daily 6 **38-10-22-21-8-14 (19)**

MARYLAND	
Mid-day Pick 3	5-8-0
Evening Pick 3	9-6-1
Mid-day Pick 4	2-0-2-8
Evening Pick 4	2-3-2-4
Match 5	2-6-20-23-39 (5)

VIRGINIA

Mid-day Pick 3	0-4-4
Mid-day Pick 4	6-6-5-7
Mid-day Cash 5	3-6-12-16-26

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Sports



THE FED RAISES STANDARDS: Roger Federer was chosen as Sportsman of the Year for the second straight time in the Laureus World Sports Awards on Monday, joining Tiger Woods as the only back-to-back winners of the top honor.

Big Man's Had Big Games in Detroit

But strong showings haven't translated into wins against Pistons

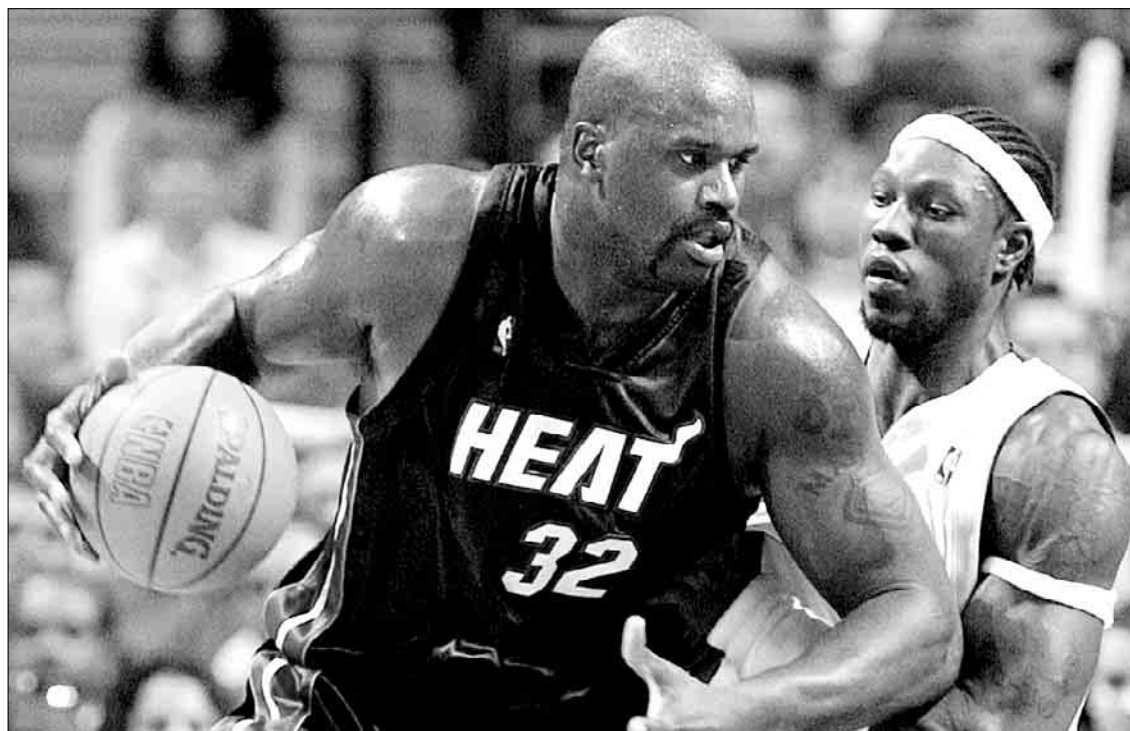
NBA PLAYOFFS | Here is a quick synopsis of Shaquille O'Neal's recent history against the Detroit Pistons: great individual numbers, disappointing team results.

Despite his penchant for big performances against Detroit, the Pistons have ushered in summertime for O'Neal each of the past two seasons. First, they beat his Los Angeles Lakers for the 2004 NBA title, then ended his debut year with the Miami Heat by winning Game 7 of last season's Eastern Conference finals.

Still, on the eve of this year's East finals rematch — it starts Tuesday night in Auburn Hills, Mich. — O'Neal insisted that revenge isn't a valid motivating factor for either himself or his team.

"It's all about looking at the bigger picture," O'Neal said. "If we beat these guys, I still won't be satisfied until we get the whole thing done."

And that gives credence to the explanation Heat coach Pat Riley offered Monday, saying that only



In recent years, when Shaquille O'Neal has gone up against the Pistons, he's gotten the best of them but his teams have not.

another ring — not revenge — is what will stoke the 7-foot-1, 330-pound center's fire in this series.

"He wants to win a championship. That's all it's about," Riley said. "He stated that when he came here and that's all he's about right now.

He wants to win and he's hungry to win. He's healthy. He's in shape. ... Let's go for it."

O'Neal averaged 28 points in four games with Detroit this season — the most he put up against any team. But the Heat went 1-3

in those matchups, continuing a recent trend that has befuddled their biggest man.

In short, the Pistons haven't stopped Shaq. They've stopped Shaq's teammates instead.

TIM REYNOLDS (AP)

In Brief

COLLEGE BASKETBALL Summitt's \$1 Million Salary Is First in Women's Basketball

Pat Summitt is the newest millionaire coach — and the first in women's basketball. Tennessee raised Summitt's salary Monday to \$1.125 million for next season and extended her contract six years, through the 2011-12 season. Women's athletic director Joan Cronan called the salary a "landmark statement for women's athletics." Summitt is the second-highest paid coach at Tennessee behind football coach Phillip Fulmer, who makes \$2.05 million annually. (AP)



Summitt

NBA New Orleans to Host 2008 All-Star Game, Festivities

New Orleans will host the 2008 NBA All-Star Game, the league announced Monday, providing a boost to a beleaguered city still recovering from the aftermath of Hurricane Katrina. The game will be played at New Orleans Arena on Feb. 17, 2008. There will also be a week of events leading up to the game, including the skills competitions the night before the game. The New Orleans Hornets played their home games in Oklahoma City this season because of the devastation caused by Hurricane Katrina. (AP)

NBA After Speculation, Knicks' Brown Heads Back to Work

Larry Brown returned to work Monday and performed his normal responsibilities as New York Knicks coach. At least, that's what four potential draft prospects said after working out with him. Brown's future with the Knicks has been the subject of speculation since reports surfaced last weekend that owner James Dolan wanted to buy out his contract after one season. (AP)



Brown

HEARSAY | BEING MEXICAN



"I'm very proud to be a Mexican. I know most of the workers on a golf course are Mexican, and that's very special for both of us."

— **LPGA GOLFER LORENA OCHOA**
AFTER WINNING THE SYBASE CLASSIC ON SUNDAY AND RETURNING TO NO. 1 ON THE LPGA TOUR MONEY LIST.

TODAY'S TV LINEUP

NATIONALS (7 P.M. ON NASN) Last time out, Nats pitcher Ramon Ortiz got his first win in almost a year. Now, against the Astros, he'll try to build a winning streak.

MYSTICS (7 P.M. ON COMCAST) The season gets underway when the Mystics play the New York Liberty in D.C.

NBA PLAYOFFS (8 P.M. ON ESPN) The long-awaited series between the Pistons and the Heat starts in Motown.

NBA (7:30 P.M. ON ESPN) But first, for those

with teams not in the playoffs, there's the NBA Draft Lottery.

NHL PLAYOFFS (8 P.M. ON OLN) Edmonton leads Anaheim 2-0 heading back to Canada.

SOCCER (7 P.M. ON ESPN2) The U.S. men's national team prepares for the World Cup with a game against Morocco.

ORIOLES (10 P.M. ON MLB.TV) Baltimore will face Joel Pineiro in the second game of its three-game series in Seattle.

Extremists Won't Be Tolerated, Official Says

Warning about World Cup comes on the heels of increased violence

WORLD CUP | Germany's top security official said Monday that authorities will prevent the World Cup from being used as a platform by far-right extremists, seeking to allay concerns raised by recent racist attacks.

Interior Minister Wolfgang Schaueble said federal and state officials have worked for months with organizers to ensure the June 9-July 9 World Cup is not marred by hooligans, neo-Nazis or others, and are well-prepared to ensure a peaceful tournament.

"We will not tolerate any form

of extremism, xenophobia or anti-Semitism," Schaueble said after presenting an annual report on security threats and crime by Germany's domestic intelligence agency.

Schaueble's remarks came amid heightened concern after several attacks on dark-skinned people in Germany — most recently a Turkish-born state lawmaker who was hit on the head with a bottle by two men in an apparent anti-foreigner attack in Berlin over the weekend.

"We will do everything in our power to prevent the soccer World Cup from being used by extremist organizations to spread their abhorrent thoughts," Schaueble said.

MELISSA EDDY (AP)



NOT EXACTLY WATERGATE: A group of volleyball officials has launched a campaign to unseat Ruben Acosta as head of the world volleyball federation, saying Acosta was making his own rules within the FIVB federation, which is against the Olympic Charter. (AP)

Sports



Dr. Dean Richardson, who performed surgery on Barbaro, controls the horse as he is removed from the recovery pool Sunday.

A Long Road to Recovery

Doctors satisfied with surgery, but Barbaro's chances are still 50-50

HORSE RACING | Kentucky Derby winner Barbaro was "bright and appropriately frisky" Monday after surgery from his broken hind leg, even showing an interest in mares, but the colt still faces a long and perilous road to recovery.

Dr. Dean Richardson, who performed the intricate five-hour operation, was satisfied with the result, but was blunt about the future for a horse who put together an unbeaten record until he broke down in the Preakness Stakes.

Richardson, who operated on Barbaro at the University of Pennsylvania's New Bolton Center for Large Animals on Sunday, said

the horse's chances for survival were still 50-50. Barbaro was standing in his stall at the center's intensive care unit and showed interest in several mares in the vicinity.

"He got through the night very well, day one and into day two is going as well as expected," Corinne Sweeney, the hospital's executive director, said Monday. "He is standing on the leg, and with the appropriate amount of weight on it."

"He also showed appropriate interest in the mares, which means he's acting like a young colt should."

Sweeney said there are two major concerns in the first days of recovery, the possibility of infection from the surgery and laminitis, a potentially fatal disease sometimes brought on by uneven weight balance.



The X-ray of Barbaro's rear right leg following surgery to repair three bones.

Barbaro sustained "life-threatening injuries" Saturday when he broke bones above and below his right rear ankle at the start of the Preakness Stakes. (AP)

Lottery Rarely Favors NBA's Worst

NBA | While the odds favor the Portland Trail Blazers in the NBA Draft Lottery on Tuesday night, history hasn't favored the team with best chance of getting the No. 1 pick — at least until recently.

Only three times since 1990 has the team with the best chance of winning the pingpong ball lottery gotten the No. 1 pick overall.

The last two times that happened were in 2003 and 2004, when the Cavaliers took LeBron James and the Hawks selected Dwight Howard — both high school superstars.

Under the NBA's new collective bargaining agreement, this is the first year high school players won't be eligible for the June 27 draft in New York City.

Portland earned the best shot (25 percent) at winning the lottery by posting a 21-61 record.

Chicago has the second-best chance of winning the top pick because it owns the Knicks' first-round draft choice. Charlotte has the third-best chance of winning, followed by Atlanta, Toronto, Minnesota, Boston, Houston, Golden State, Seattle, Orlando, New Orleans, Philadelphia and Utah. (AP)

No Change in Mystics Coach — for a Change

Washington hopes a bit of consistency will produce better results

MYSTICS | For all the player moves made this offseason, the biggest change for the Washington Mystics as they prepare for the season opener is that no change was made at head coach.

Richie Adubato has the chance to become the second coach to last two full seasons in franchise history once the year gets under way tonight against the New York Liberty. Overall, he's the eighth person to lead the Mystics bench since the team joined the WNBA in 1998.

"It's killed us, every year having a new coach," said Washington President Sheila Johnson, the co-founder of BET.

Since Johnson took over in May 2005, stability has become the focus for a franchise that's made the playoffs only three times.

Early injuries last season put Washington in a hole that it couldn't quite dig out of. The team finished 16-18 and missed the playoffs on a tiebreaker. By adding point guard Nikki Teasley, a graduate of St. John's Prospect Hall, and Crystal Robinson to a roster already featuring All-Star Alana Beard and forward DeLisha Milton-Jones, the Mystics are thinking bigger than



Coach Richie Adubato and the Mystics barely missed the playoffs last season.

just making the postseason.

"We've made changes in personnel to reach new heights," General Manager Linda Hargrove said.

The key, though, will be defending home court at Verizon Center. Adubato noted many of last year's early losses came in D.C., which is where the season opener takes place. A hot start could eliminate any late drama about returning to the playoffs.

"We came up short by one game last year," the coach said. "No one wants that to happen again."

MATT SWENSON (EXPRESS)

MLB

AMERICAN LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
Boston	25	16	.610	—	11-6	14-10
N.Y. Yankees	24	18	.571	1.5	14-8	10-10
Toronto	23	20	.535	3	13-8	10-12
Baltimore	20	24	.455	6.5	14-12	6-12
Tampa Bay	20	24	.455	6.5	12-11	8-13

CENTRAL	W	L	PCT.	GB	HOME	ROAD
Detroit	29	14	.674	—	13-7	16-7
Chicago	28	15	.651	1	16-6	12-9
Cleveland	22	22	.500	7.5	13-10	9-12
Minnesota	19	25	.432	10.5	12-8	7-17
Kansas City	10	31	.244	18	8-11	2-20

WEST	W	L	PCT.	GB	HOME	ROAD
Oakland	22	21	.512	—	11-12	11-9
Texas	22	21	.512	—	9-12	13-9
Seattle	20	25	.444	3	12-13	8-12
L.A. Angels	17	27	.386	5.5	8-12	9-15

NATIONAL LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
N.Y. Mets	26	17	.605	—	14-7	12-10
Philadelphia	23	20	.535	3	13-13	10-7
Atlanta	22	22	.500	4.5	12-6	10-16
Washington	16	28	.364	10.5	5-11	11-17
Florida	11	31	.262	14.5	3-14	8-17

CENTRAL	W	L	PCT.	GB	HOME	ROAD
St. Louis	29	15	.659	—	18-7	11-8
Cincinnati	25	19	.568	4	12-8	13-11
Houston	24	20	.545	5	18-9	6-11
Milwaukee	23	21	.523	6	17-9	6-12
Chicago	18	25	.419	10.5	10-10	8-15
Pittsburgh	14	30	.318	15	10-11	4-19

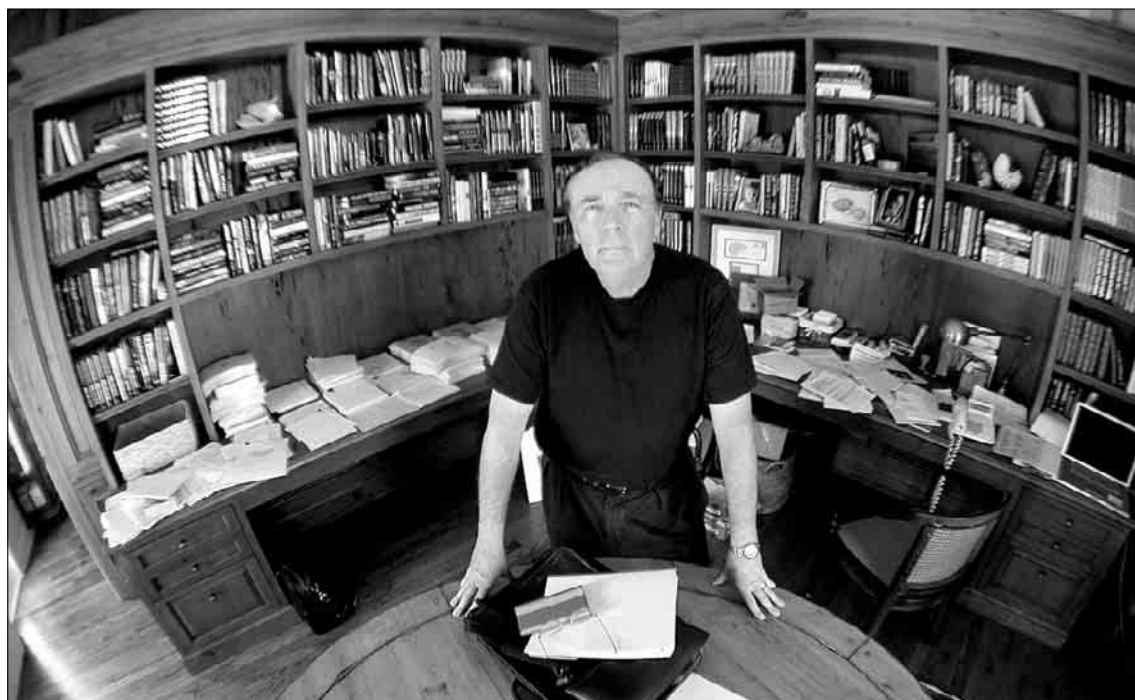
WEST	W	L	PCT.	GB	HOME	ROAD
Colorado	25	19	.568	—	13-10	12-9
Arizona	24	19	.558	0.5	14-9	10-10
L.A. Dodgers	24	20	.545	1	13-10	11-10
San Diego	23	21	.523	2	10-12	13-9
San Fran.	23	21	.523	2	11-10	12-11

Standings through May 21's games

Entertainment



GOOD LUCK: This fall, Yusuf Islam, formerly known as Cat Stevens, will release his first pop album in nearly 30 years. It's his attempt to ease tensions between the West and Islam through music. We'll be watching to see how that goes.



KNOW THE RULES: Patterson left Vanderbilt with a master's in English, but thought chasing a literary career was "foolhardy."

An Ideas Man

Author cuts details, leaves writing to others, swims in cash

METHOD WRITERS | James Patterson, 59, has published 35 books, 18 of which hit No. 1 on The New York Times list of best sellers. He's sold 100 million copies, grossing \$1 billion in sales. His thrillers, "Kiss the Girls" and "Along Came a Spider,"

have been made into movies starring Morgan Freeman. More Hollywood deals are in the works.

The former chairman of J. Walter Thompson advertising firm, Patterson produces up to five books a year: mysteries, thrillers, fantasies, love stories and children's themes.

"My books are good of their kind," Patterson said matter-of-factly, as he sits in a waterside man-

sion in Palm Beach, Fla., with two Mercedes-Benzes parked in the driveway.

Patterson has just returned from a tour to promote his new book, "Beach Road," which he wrote with journalist Peter de Jonge; a few years ago, Patterson began using collaborators to produce even more work. "I have a big imagination," he said.

It began with "Miracle on the

17th Green," a story of an ordinary man seeking the extraordinary, written with de Jonge.

"Peter is a better stylist than I am, and I'm a better story teller than he is," Patterson said. He's since worked with five co-authors.

Patterson writes the story outline. The co-author pens a first draft. After a series of back-and-forths, a new book is produced in about half the time.

Critics say he's industrialized the art of novel writing with an assembly line production style and flashy marketing. Patterson shrugs, yet seems to take offense.

"Just because it's clean prose doesn't mean it's easy," he said. "It's hard to keep people glued to the page. Almost nobody does it ... and if nobody does it, it can't be that easy."

Patterson's current writing style — short, punchy sentences, less detail and more plot jammed into two-page chapters — is the result of a flash of insight. He had written about 150 pages of "The Midnight Club," a story about a killer, a journalist and a cop published in 1999, when he got an idea.

He was planning to add details and descriptions "because that's the way we are all taught, and I said, 'Ya know, I kinda like this' (more spare style)." Speaking of description in most modern novels, Patterson said, "there's way too much ... that feels like it was taught somewhere. I think that's a big bore ... I know the rules and choose to break them."

BRIAN SKOLOFF (AP)

Today's Top Stops

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Paul Wall: Keepin' It Real

Houston rapper Wall, the self-proclaimed "People's Champ," recently told MTV that on his new disc "the focus is still the same: the cars, the clothes, the [promiscuous women], the [sex] music." Wall is not, then, pushing the lyrical envelope.

Fur, 33 Patterson St. SE; 9:30 p.m., \$25, with One Way, Familiar Faces; 202-842-3401; (New York Ave.)



Paul Wall offers to knock out your teeth and give you a shiny new grill tonight.

Show Stopper: 'Lady Day'

This musical presents jazz/blues icon Billie Holiday in her waning days, swigging vodka in a Philadelphia club, being hassled by the club-owner about the need to play her hits, confiding about her troubles and singing beautifully. The audience sits at tables, as they did when they were watching Holiday fall apart in 1959.

Arena Stage, Kreeger Theater, 1101 6th St. SW; \$49-\$68, through June 4; 202-488-3300. (Waterfront-SEU)

James Johnson: Why So Blue?

Depression's hard to shake: Despite touring Africa, Russia and the States and winning many awards, Johnson will bring the traditional delta blues to D.C.

Library of Congress, 10 First St., SE; noon, free; 202-707-5510. (Capitol South)

WHAT'S HAPPENING?

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Many 'American Idol' also-rans still go on to showbiz careers

CONSOLATION | The coronation is Wednesday. But if the real prize is a career in show business, "American Idol" will probably end the season with more than one winner.

The first-place finishers on TV's top-rated program have stretched their 15 minutes into careers that range from promising to success-

ful, but so have many of the "losers," who've landed gigs in music, movies and theater. Second season runner-up-turned-unlikely heartthrob Clay Aiken, 27, has sold nearly 4 million copies of his records. While no other also-ran has hit that big, doors have clearly opened.

Several contestants have found spots on Broadway. Diana DeGarmo, season-three's runner-up, sold 164,000 copies of her debut LP, "Blue Skies" and just completed a run in the Broadway musical



Idol castoff Jennifer Hudson will join Beyonce Knowles and Jamie Foxx in the Broadway musical Dreamgirls.

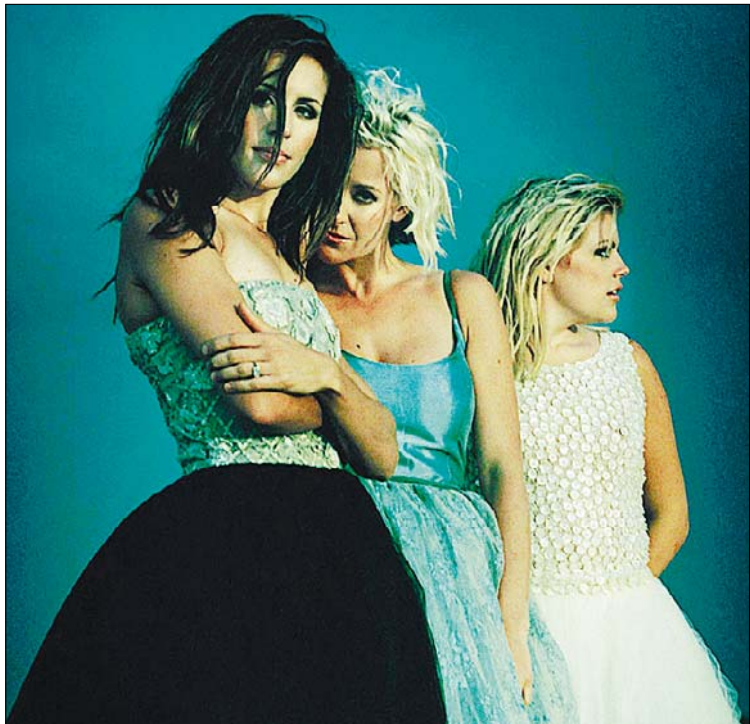
"Hairspray." Josh Strickland has the title role in "Tarzan." Frenchie Davis is in the cast of "Rent." Tamara Gray was featured in the musical "Bombay Dreams."

Season-two finalist Kimberly Caldwell now interviews "Idol" contestants for TV Guide Channel.

"They didn't give up," season three winner Fantasia Barrino said. "They got record deals. They're acting. It's an opportunity ... Even if you don't win, you still come out a winner." ERIN CARLSON (AP)

Great American Stepping Stone

Entertainment



CALIFORNIA CHICKS: Though two of their LPs are among the highest sellers in U.S. history, the Chicks changed direction and hired rock producer Rick Rubin.

Deserting Country

The Dixie Chicks, stung by controversy, court rock's audience

HATCHINGS | The Dixie Chicks angrily return from hibernation on the mature, rock-influenced "Taking the Long Way," their first studio album since 2002's Grammy-winning "Home" and the controversy that erupted when singer Natalie Maines criticized the president in 2003.

The righteousness might have been expected — after all, the Texas trio built their reputation with bold lyrics and musical adventurousness. Besides, after being rejected by country radio and booed at country award shows, the band announced it would record in L.A. with rock producer Rick Rubin and a host of rock stalwarts.

What wasn't expected is how dour it all sounds. In the past,

Maines and her bandmates, sisters Martie Maguire and Emily Robinson, used cheeky humor to address tough subjects. Now their songs are weighed down in bitter appraisals and somber reckoning.

They do rock harder than ever, especially on the ferocious "Lubbock or Leave It," a look at small-town hypocrisy and narrow-mindedness. They also occasionally prove as masterful at injecting a personal Texas spin into melodic rock as they were at enlivening country. "Voice Inside My Head," in particular, is a rousing, effective pop song powered by Maines' voice and the sisters' harmonies and instrumental talents.

But even with all the top-notch help — including Semisonic's Dan Wilson and Mike Campbell of Tom Petty & the Heartbreakers — the Chicks don't quite raise the kind of ruckus that made them such a force in the past.

MICHAEL MCCALL (AP)



America's Favorite



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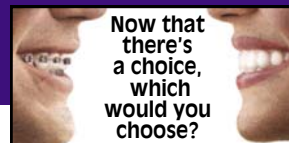
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THE DA VINCI CODE (PG-13) DIG ★ (1145 1215 1245 115 145 315 345 415 445 515) 645 715 745 815 845 945 1015
OC & DA: POSEIDON (PG-13) DIG (220) 820
GOAL! THE DREAM BEGINS (PG) DIG (1250)
JUST MY LUCK (PG-13) DIG (150 440) 710 1025
POSEIDON (PG-13) DIG (1135 520) 620 920
AN AMERICAN HAUNTING (PG-13) DIG 1030
HOOT (PG) DIG (1240)
MISSION IMPOSSIBLE 3 (PG-13) DIG (1140 230 340 540) 640 840 940
OC: UNITED 93 (R) - ID REQ'D DIG (350) 1010
UNITED 93 (R) - ID REQ'D DIG 650
STICK IT (PG-13) DIG (410) 655 950
RV (PG) DIG (120 420) 720 1020
AKEELAH AND THE BEE (PG) DIG (1150 250) 635 910
THE WILD (G) DIG (110)
ICE AGE 2: THE MELTDOWN (PG) DIG (1220 320)

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Adv. Tix on Sale X-MEN 3 (PG-13) ★
Adv. Tix on Sale THE BREAK-UP (PG-13) ★
OVER THE HEDGE (PG) DIG ★ (1200 1230 100 235 305 335 500 520) 725 750 950 1010
THE DA VINCI CODE (PG-13) DIG ★ (1215 1245 115 315 345 415 445) 645 715 745 815 845 1015
GOAL! THE DREAM BEGINS (PG) DIG (230 515)
JUST MY LUCK (PG-13) DIG (1250 330) 700 1020
POSEIDON (PG-13) DIG (105 340) 720 955
MISSION IMPOSSIBLE 3 (PG-13) DIG (110 410) 705 740 1000 1030
RV (PG) DIG (1240 320) 630 945

FAIRFAX TOWNE CENTER 10

4110 W Ox Road 800-FANDANGO 670#

Adv. Tix on Sale X-MEN 3 (PG-13) ★
Adv. Tix on Sale KORN IN CONCERT (R) - ID REQ'D ★
SEE NO EVIL (R) - ID REQ'D DIG (100 310 520) 730 945
GOAL! THE DREAM BEGINS (PG) DIG (115 410)
ART SCHOOL CONFIDENTIAL (R) - ID REQ'D DIG (135 420) 735 1020
AN AMERICAN HAUNTING (PG-13) DIG (140 355) 705 930
UNITED 93 (R) - ID REQ'D DIG (155 440) 725 1010
AKEELAH AND THE BEE (PG) DIG (150 430) 715 1000
THE SENTINEL (PG-13) DIG (125 400) 710 950
SILENT HILL (R) - ID REQ'D DIG 720 1015
THE WILD (G) DIG (110 325 535) 745 1005
BENCHWARMERS (PG-13) (105 320 530) 740 955
THANK YOU FOR SMOKING (R) - ID REQ'D (145 415) 655 920

GERMANTOWN STADIUM 14

20000 Century Blvd 800-FANDANGO 455#

Adv. Tix on Sale X-MEN 3 (PG-13) ★
Adv. Tix on Sale THE BREAK-UP (PG-13) ★
THE DA VINCI CODE (PG-13) DIG ★ (1215 1245 115 145 315 345 415 445 515) 645 715 745 815 845 1015
OVER THE HEDGE (PG) DIG ★ (1200 1230 100 235 300 330 500 530) 640 740 930 1015
POSEIDON (PG-13) DIG (100 400) 720 750 1020
MISSION IMPOSSIBLE 3 (PG-13) DIG (1240 350) 700 1010
GOAL! THE DREAM BEGINS (PG) DIG (1250 350)
JUST MY LUCK (PG-13) DIG (120 430) 745 1030
UNITED 93 (R) - ID REQ'D DIG 730 1020
RV (PG) DIG (130 400) 650 930
AKEELAH AND THE BEE (PG) DIG (120 410)

UA SNOWDEN SQ STADIUM 14

9161 Commerce Ctr Dr 800-FANDANGO 570#

Adv. Tix on Sale X-MEN 3 (PG-13) ★
Adv. Tix on Sale THE BREAK-UP (PG-13) ★
Adv. Tix on Sale KORN IN CONCERT (R) - ID REQ'D ★
OVER THE HEDGE (PG) DIG ★ (1200 130 200 230 400 430 500) 630 700 730 900 930 1000
THE DA VINCI CODE (PG-13) DIG ★ (1215 1245 315 345 415) 645 715 745 815 1015
OC & DA: JUST MY LUCK (PG-13) DIG (345) 940
JUST MY LUCK (PG-13) DIG (1245) 645
POSEIDON (PG-13) DIG (1200 100 230 415 500) 730 800 1020
ART SCHOOL CONFIDENTIAL (R) - ID REQ'D DIG (215 445) 745 1020
MISSION IMPOSSIBLE 3 (PG-13) DIG (1215 100 400 445) 715 800 1010
RV (PG) DIG (200 430) 700 930
AKEELAH AND THE BEE (PG) DIG (215 515)
THE SENTINEL (PG-13) DIG 950

MANASSAS STADIUM 14

11380 Bulloch Drive 800-FANDANGO 490#

Adv. Tix on Sale X-MEN 3 (PG-13) ★
Adv. Tix on Sale THE BREAK-UP (PG-13) ★
THE DA VINCI CODE (PG-13) DIG ★ (1145 1215 1245 115 145 315 345 415 445 515) 645 715 745 815 845 1015 1045
OVER THE HEDGE (PG) DIG ★ (1105 1130 130 200 400 430) 730 1000
GOAL! THE DREAM BEGINS (PG) DIG (100 355)
JUST MY LUCK (PG-13) DIG (1120 215 455) 705 1025
POSEIDON (PG-13) DIG (105 335) 655 935 1030
AN AMERICAN HAUNTING (PG-13) DIG (1210 240 510) 805
MISSION IMPOSSIBLE 3 (PG-13) DIG (1230 325) 640 705 930 955
UNITED 93 (R) - ID REQ'D DIG 735 1010
STICK IT (PG-13) DIG (1115)
RV (PG) DIG (1135 205 435) 725 1005

Times For 5/23/06

Daily Bargain Matinees In ()

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THE DA VINCI CODE (PG13) ✓ 11:00, 11:45, 12:30, 1:00, 1:45, 2:15, 3:00, 4:05, 4:30, 5:15, 5:45, 6:30, 7:30, 8:00, 8:45, 9:15, 10:00, 10:45
THE DA VINCI CODE (PG13) □ 11:00, 2:15, 5:45, 9:15
OVER THE HEDGE (PG) ✓ 11:15, 12:15, 1:15, 1:45, 2:45, 3:30, 4:15, 5:00, 5:55, 6:45, 7:15, 8:15, 9:00, 10:30
SEE NO EVIL (R) ✓ 11:55, 2:20, 4:45, 7:10, 9:35
JUST MY LUCK (PG13) 12:10, 2:40, 5:25, 7:55, 10:20
POSEIDON (PG13) 11:05, 12:00, 1:30, 2:30, 3:55, 5:05, 6:35, 7:20, 8:05, 9:10, 9:45, 10:35
AN AMERICAN HAUNTING (PG13) 12:45, 5:40, 8:10
HOOT (PG) 12:05, 2:20
MISSION: IMPOSSIBLE III (PG13) 12:20, 1:10, 3:15, 4:05, 5:10, 6:15, 7:00, 8:20, 9:20, 10:10
RV (PG) 11:00, 1:20, 4:10, 6:40, 9:05
STICK IT (PG13) 2:05, 4:35
UNITED 93 (R) 11:40, 5:20, 8:05
THE SENTINEL (PG13) 3:05, 10:25
SILENT HILL (R) 2:30, 10:45
SCARY MOVIE 4 (PG13) 9:30 PM
THE WILD (G) 11:30, 2:00, 4:25
ICE AGE: THE MELTDOWN (PG) 11:50 AM
INSIDE MAN (R) 7:05, 10:05



GOAL! THE DREAM BEGINS (PG) 1:55, 7:25
ART SCHOOL CONFIDENTIAL (R) 11:20, 4:55, 10:15
AKEELAH AND THE BEE (PG) 11:10, 1:50, 4:40, 7:20, 10:00

AMC SPRINGFIELD MALL 10

Loisdale and Franconia Road
703-971-3991

THE DA VINCI CODE (PG13) 1:45, 4:30, 5:15, 7:45, 8:30
OVER THE HEDGE (PG) 1:30, 2:15, 4:15, 5:00, 6:30, 7:45, 8:45
JUST MY LUCK (PG13) 5:20, 8:45
POSEIDON (PG13) 5:10, 8:30
MISSION: IMPOSSIBLE III (PG13) 2:00, 4:50, 8:15
RV (PG) 4:50, 8:00
RV (PG) □ 4:50, 8:00



GOAL! THE DREAM BEGINS (PG) 5:00, 8:15
AKEELAH AND THE BEE (PG) 4:40, 7:30

AMC MAZZA GALLERIE

Jenifer and Wisconsin
202-537-9553

THE DA VINCI CODE (PG13) ✓ 11:45, 12:30, 1:15, 3:00, 3:45, 4:30, 6:15, 7:00, 7:45, 9:30, 10:15
THE DA VINCI CODE (PG13) □ 11:45, 3:00, 6:15, 9:30
OVER THE HEDGE (PG) ✓ 11:30, 12:15, 1:45, 2:45, 4:05, 5:00, 6:05, 7:10, 8:10, 9:30, 10:15
JUST MY LUCK (PG13) 12:00, 2:25, 4:50, 7:15, 9:40



AKEELAH AND THE BEE (PG) 1:30, 4:15, 7:25, 10:00

LOEWS GEORGETOWN 14

3111 K Street, N.W.
202-342-6441 821

REEL MOMS
THE DA VINCI CODE (PG13) 11:00 AM
PRESENTED IN DIGITAL PROJECTION
OVER THE HEDGE (PG) ✓ 1:25, 3:35, 5:45, 8:00, 10:10

THE DA VINCI CODE (PG13) ✓ 1:15, 2:00, 3:15, 4:00, 4:45, 5:30, 6:45, 7:30, 8:15, 9:00, 10:15, 10:45
OVER THE HEDGE (PG) 12:15, 2:25, 4:35, 7:00, 9:20
POSEIDON (PG13) 1:30, 3:55, 5:15, 6:30, 7:45, 9:05, 10:20
MISSION: IMPOSSIBLE III (PG13) 1:45, 2:40, 4:40, 5:35, 7:40, 8:30, 10:40
MISSION: IMPOSSIBLE III (PG13) □ 1:45, 4:40, 7:40, 10:40
UNITED 93 (R) 2:20, 7:55
INSIDE MAN (R) 5:00, 10:35



GOAL! THE DREAM BEGINS (PG) 2:35
ART SCHOOL CONFIDENTIAL (R) 2:15, 4:50, 7:15, 9:45
FRIENDS WITH MONEY (R) 12:35, 2:50, 5:05, 7:20, 9:35
THANK YOU FOR SMOKING (R) 12:30, 2:45, 5:10, 7:35, 10:00

LOEWS WISCONSIN AVE. 6

4000 Wisconsin Avenue, N.W.
202-244-0882 714

POSEIDON (PG13) 2:15, 4:45, 7:10
AN AMERICAN HAUNTING (PG13) 7:15
HOOT (PG) 1:55, 4:05
STICK IT (PG13) 1:50, 4:25, 7:05
UNITED 93 (R) 1:45, 6:50
INSIDE MAN (R) 1:30, 4:15, 7:00
FAILURE TO LAUNCH (PG13) 4:30



GOAL! THE DREAM BEGINS (PG) 2:05, 4:40

LOEWS WHITE FLINT 5

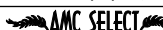
North Bethesda
310-423-1014 741

THE DA VINCI CODE (PG13) 1:15, 4:15, 7:20
OVER THE HEDGE (PG) 2:10, 4:40, 7:30
JUST MY LUCK (PG13) 1:45, 4:45, 7:45
POSEIDON (PG13) 2:05, 4:30, 7:00
MISSION: IMPOSSIBLE III (PG13) 1:30, 4:35, 7:35

AMC POTOMAC MILLS 18

2700 Potomac Mills Circle, Ste 886
703-998-4262

THE DA VINCI CODE (PG13) ✓ 12:45, 1:30, 3:00, 4:00, 4:45, 5:30, 6:30, 7:30, 8:15, 9:00, 10:00
OVER THE HEDGE (PG) ✓ 12:55, 1:35, 2:20, 3:10, 3:55, 4:40, 5:25, 7:00, 7:45, 9:20, 9:55
SEE NO EVIL (R) ✓ 12:50, 2:55, 5:05, 7:35, 9:45
JUST MY LUCK (PG13) 2:00, 4:30, 7:10, 9:45
POSEIDON (PG13) 1:40, 2:40, 4:10, 5:10, 6:45, 7:40, 9:10, 9:35, 10:00
AN AMERICAN HAUNTING (PG13) 7:25, 9:50
MISSION: IMPOSSIBLE III (PG13) 1:10, 2:35, 4:15, 5:35, 6:15, 7:15, 8:30, 9:15
RV (PG) 2:15, 4:50, 7:20, 9:40
STICK IT (PG13) 1:50, 4:25, 7:00
UNITED 93 (R) 4:20, 9:55
THE WILD (G) 1:00, 3:15
ICE AGE: THE MELTDOWN (PG) 1:00, 3:05, 5:15



GOAL! THE DREAM BEGINS (PG) 1:25, 7:05
AKEELAH AND THE BEE (PG) 1:45, 4:35, 7:25, 9:50

AMC RIVERTOWNE 12

Exit 4A I-95, 1/2 mi. on Oxon Hill Rd.
703-998-4AMC

THE DA VINCI CODE (PG13) ✓ 4:35, 4:50, 7:50, 8:10
OVER THE HEDGE (PG) ✓ 4:30, 5:00, 7:00, 7:30
JUST MY LUCK (PG13) 5:10, 7:40
POSEIDON (PG13) 5:15, 5:30, 8:00, 8:05
MISSION: IMPOSSIBLE III (PG13) 4:45, 5:25, 7:45, 8:15
SILENT HILL (R) 7:30
SCARY MOVIE 4 (PG13) 7:50
THE WILD (G) 5:20



GOAL! THE DREAM BEGINS (PG) 4:40
AKEELAH AND THE BEE (PG) 5:40, 8:20

LOEWS FAIRFAX SQUARE 8

8065 Leesburg Pike
703-506-9857 802

REEL MOMS
OVER THE HEDGE (PG) 11:00 AM
OVER THE HEDGE (PG) 12:30, 1:20, 2:35, 3:20, 4:40, 5:25, 7:00, 7:40
SEE NO EVIL (R) 12:45, 2:50, 4:55, 7:15
POSEIDON (PG13) 12:15, 2:45, 5:00, 7:45
MISSION: IMPOSSIBLE III (PG13) 1:30, 4:15, 7:20
STICK IT (PG13) 4:25
UNITED 93 (R) 4:30
INSIDE MAN (R) 1:45, 7:10

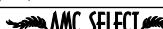


GOAL! THE DREAM BEGINS (PG) 1:15, 4:05
ART SCHOOL CONFIDENTIAL (R) 7:50
THANK YOU FOR SMOKING (R) 2:00, 7:35

MAGIC JOHNSON CAPITAL CENTRE 12

800 Shopper's Way, Largo
301-324-4220 844

THE DA VINCI CODE (PG13) 1:00, 3:00, 4:05, 6:30, 7:30, 10:00, 10:40
OVER THE HEDGE (PG) 1:25, 2:40, 3:40, 4:55, 5:55, 7:10, 8:10, 9:25, 10:25
SEE NO EVIL (R) 2:20, 4:50, 7:20, 9:50
JUST MY LUCK (PG13) 2:00, 4:30, 7:00, 9:30
POSEIDON (PG13) 2:45, 5:25, 7:50, 10:20
POSEIDON (PG13) □ 2:45, 5:25, 7:50, 10:20
AN AMERICAN HAUNTING (PG13) 5:45, 8:15, 10:35
MISSION: IMPOSSIBLE III (PG13) 2:05, 5:05, 7:05, 8:05, 10:05, 10:45
SILENT HILL (R) 2:35, 7:40
SCARY MOVIE 4 (PG13) 5:40, 10:10
THE WILD (G) 1:05, 3:30



GOAL! THE DREAM BEGINS (PG) 1:40, 4:20
AKEELAH AND THE BEE (PG) 2:30, 5:30, 8:00, 10:30

LOEWS SHIRLINGTON 7

2772 South Randolph
703-671-0910 801

WAH-WAH (R) 1:20, 4:50, 7:50, 10:00
ART SCHOOL CONFIDENTIAL (R) 1:40, 4:10, 7:10, 9:20
THE LOST CITY (R) 1:00, 4:20, 7:20, 10:10
WATER (PG13) 1:10, 3:40, 7:30, 9:50
FRIENDS WITH MONEY (R) 1:30, 3:30, 7:30, 9:30
KINKY BOOTS (PG13) 2:00, 4:40, 7:40, 9:50
THANK YOU FOR SMOKING (R) 1:50, 4:30, 7:00, 9:10



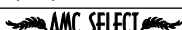
LOEWS UPTOWN 1
3426 Connecticut Avenue N.W.
202-966-5400 713

MISSION: IMPOSSIBLE III (PG13) 1:00, 4:00, 7:00, 10:00

AMC TYSONS CORNER 16

7850 Tysons Corner Center
703-998-4262

THE DA VINCI CODE (PG13) ✓ 12:25, 1:15, 2:05, 3:05, 4:05, 4:55, 5:40, 6:25, 7:20, 8:15, 9:00, 9:45, 10:35
THE DA VINCI CODE (PG13) □ 3:05, 6:25, 9:45
OVER THE HEDGE (PG) ✓ 12:15, 1:00, 1:45, 2:30, 3:10, 3:55, 4:45, 5:30, 6:15, 7:00, 7:40, 8:30, 9:10, 9:50
JUST MY LUCK (PG13) 12:05, 2:35, 5:15, 7:55, 10:25
POSEIDON (PG13) 12:20, 1:40, 3:00, 4:20, 5:45, 7:05, 8:10, 9:30, 10:30
HOOT (PG) 12:10, 2:25
MISSION: IMPOSSIBLE III (PG13) 12:35, 1:35, 2:40, 3:35, 4:35, 5:35, 6:35, 7:35, 8:35, 9:35, 10:35
RV (PG) 12:30, 2:55, 5:20, 7:50, 10:15
THE SENTINEL (PG13) 4:50, 7:30, 10:05



AKEELAH AND THE BEE (PG) 12:00, 2:35, 5:10, 7:45, 10:20

AMC COLUMBIA MALL 14

10300 Patuxent Parkway
410-423-0520

THE DA VINCI CODE (PG13) 11:45, 12:30, 1:45, 3:00, 4:00, 5:15, 6:30, 7:30, 8:45, 10:00, 10:45
OVER THE HEDGE (PG) 12:10, 1:25, 2:30, 3:40, 4:45, 5:55, 7:00, 8:10, 9:15, 10:25
SEE NO EVIL (R) 1:00, 3:25, 5:40, 8:00, 10:05
JUST MY LUCK (PG13) 11:50, 2:15, 4:50, 7:20, 9:45
POSEIDON (PG13) 12:25, 1:20, 2:50, 3:50, 5:10, 6:10, 7:35, 8:30, 9:55, 10:50
POSEIDON (PG13) □ 12:25, 2:50, 5:10, 7:35, 9:55
HOOT (PG) 1:40, 3:55
MISSION: IMPOSSIBLE III (PG13) 1:35, 4:25, 6:05, 7:15, 8:55, 10:15
RV (PG) 1:10, 3:30, 5:50, 8:20, 10:40
STICK IT (PG13) 11:55, 2:25, 5:05, 7:50, 10:20
SCARY MOVIE 4 (PG13) 9:40 PM

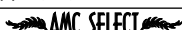


AKEELAH AND THE BEE (PG) 1:50, 4:30, 7:05

AMC COURTHOUSE PLAZA 8

Courthouse and Birch Rd.
703-998-4AMC

OVER THE HEDGE (PG) 2:30, 3:30, 4:45, 5:45, 6:50, 7:50, 9:10, 10:10
SEE NO EVIL (R) 2:40, 5:00, 7:15, 9:30
POSEIDON (PG13) 2:00, 3:00, 4:20, 5:20, 6:45, 7:45, 9:00, 10:00
RV (PG) 2:20, 4:40, 7:00, 9:20
THE SENTINEL (PG13) 5:15, 9:45
INSIDE MAN (R) 3:20, 7:10, 9:55



ART SCHOOL CONFIDENTIAL (R) 2:50, 7:25

AMC COUNTRY CLUB MALL 6

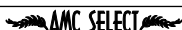
Country Club Mall on Vocke Rd near Route 68.
703-998-4AMC

THE DA VINCI CODE (PG13) ✓ 3:00, 4:15, 6:30, 7:30, 10:00
OVER THE HEDGE (PG) ✓ 5:00, 7:10, 9:30
JUST MY LUCK (PG13) 4:30, 7:40, 10:10
MISSION: IMPOSSIBLE III (PG13) 4:15, 7:00, 9:50
RV (PG) 4:45, 7:30, 9:40
RV (PG) □ 4:45, 7:30, 9:40

LOEWS WHEATON PLAZA 11

Viers Mill Rd. Btwn. Georgia & University
901-949-9202 746

THE DA VINCI CODE (PG13) ✓ 3:20, 4:15, 6:30, 7:45, 9:40
OVER THE HEDGE (PG) ✓ 3:30, 5:00, 6:15, 7:10, 8:10, 9:35
OVER THE HEDGE (PG) □ 3:30, 5:00, 6:15, 7:10, 8:10, 9:35
JUST MY LUCK (PG13) 4:10, 7:10, 9:30
POSEIDON (PG13) 4:30, 7:00, 9:20
MISSION: IMPOSSIBLE III (PG13) 4:00, 7:00, 10:00
RV (PG) 5:00, 7:20, 9:40
STICK IT (PG13) 7:30, 9:50
ICE AGE: THE MELTDOWN (PG) 5:15

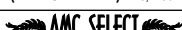


GOAL! THE DREAM BEGINS (PG) 4:05, 7:05, 10:00
AKEELAH AND THE BEE (PG) 4:20, 7:20, 9:45

LOEWS DUPONT 5

1350 19th St.
202-872-9555 711

SOMERSAULT (NR-NOT RATED) 2:45, 7:30



WAH-WAH (R) 2:10, 4:40, 7:10, 9:30
WATER (PG13) 2:00, 2:20, 4:20, 5:00, 7:00, 7:40, 9:50
KINKY BOOTS (PG13) 5:10
RAPE OF THE SOUL (R) 2:05, 4:30, 7:05, 9:40

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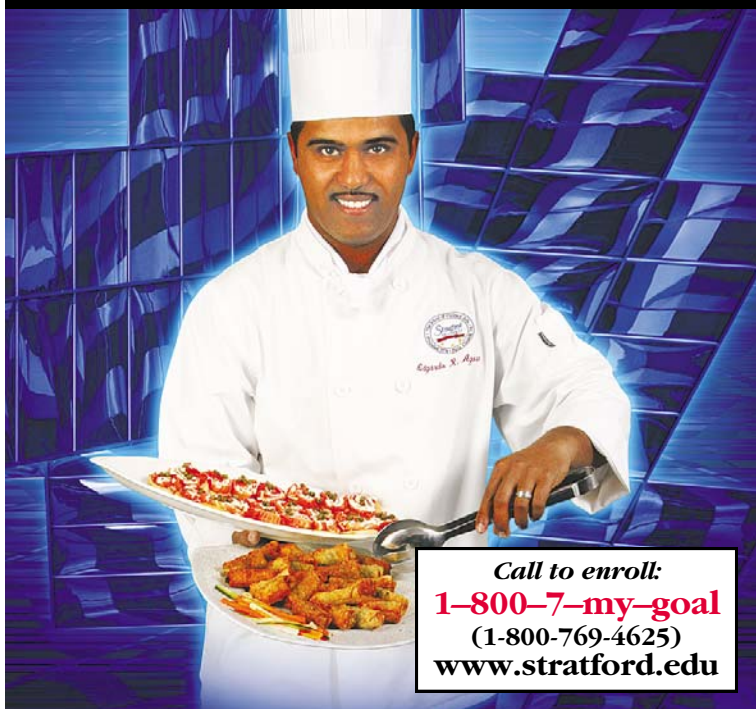
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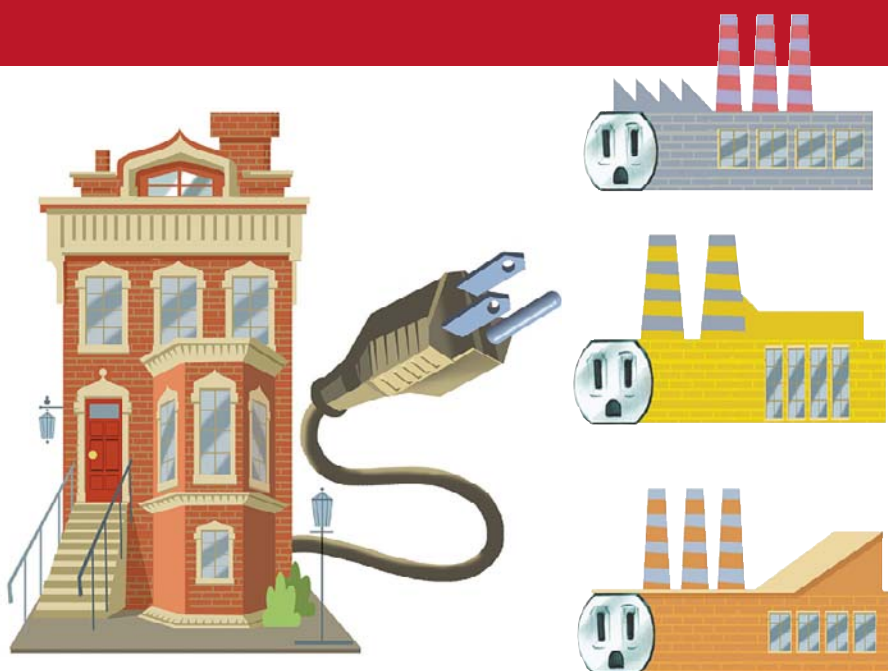
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18 | EXPRESS | 05.23.2006 | TUESDAY

Entertainment

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BROTHER, CAN YOU SPARE A DIMEBAG? The brother of Pantera's Darrell Abbott says releasing archival material is like "working with my brother again."

A Rocker's Requiem

'Dimebag' Darrell Abbott's music is used to celebrate his life

DISPLAYS OF POWER | Vinnie Paul Abbott looks over his shoulder when he enters the restaurant in Austin. He takes a breath, sits down, smiles and orders a drink. Abbott still has a difficult time entering crowded places: His brother, "Dimebag" Darrell Abbott, was gunned down onstage by a crazed fan during a gig with his band Damageplan on Dec. 8, 2004, in Columbus, Ohio.

However, Abbott's turned his grief into a celebration of what his brother lived for — rock 'n' roll.

For Abbott — who played with Dimebag in the metal/hard rock bands Pantera and Damageplan — rock is back. He runs a new indie label, Big Vin Records, and its self-titled debut release from his band Rebel Meets Rebel is doing well.

In the years before Dimebag's death, the brothers and Pantera bassist Rex Brown got together with outlaw country legend David

Allen Coe many times and recorded as the band Rebel Meets Rebel. Now, Rebel tracks "Nothin' to Lose" and "Get Outta My Life" are heating up rock radio.

Fondly looking back on those sessions, Abbott said he saw the Rebel disc as an opportunity to keep Dimebag's memory alive.

So Abbott started Big Vin Records and inked a distribution deal with Fontana. "I always wanted my own label," Abbott said, noting that it had been a goal of Dimebag's, too.

In addition to the Rebel Meets Rebel album, Big Vin also released "Dimevision, Volume 1: That's the Fun I Have," a DVD that features on- and offstage archival footage from Dimebag. Abbott says Dimebag always had three things with him — a guitar, a cocktail and a video camera, which he often used for antics and pulling jokes on people.

Starting Big Vin Records and releasing the Rebel Meets Rebel album and the Dimebag DVD has been good therapy for Abbott. "I feel like I'm working with my brother again." **MIKE BOYLE (BILLBOARD)**

GROOVE THANG: MTV has given the green light to "Moves," a new reality series produced by Jennifer Lopez. The series will follow dancers struggling to make it in the business, and the former Fly Girl herself is expected to make a cameo or two.



Television

ON TV TONIGHT

BAD HOUSE

Tonight's "American Idol" (8 p.m., Fox) leads into the season finale of **"HOUSE"** (9 p.m., Fox). On tonight's "House" finale, a former patient (Elias Koteas) shoots House. To add insult to injury, the cranky MD must share a hospital room with his assailant.

YA'LL WATCH NOW

This time last year, Carrie Underwood was on the verge of winning "American Idol." Tonight, she's competing with it, appearing on **"THE 41ST ANNUAL ACADEMY OF COUNTRY MUSIC AWARDS"** (8 p.m., CBS).

CULT CHOICE

A black man (Harry Belafonte), a white woman (Inger Stevens) and a bigot (Mel Ferrer) inherit the empty streets



JOHN RUSSELL/AP

COUNTRY GIRL: Carrie Underwood will perform on the Country Music Awards.

of Manhattan following a nuclear war in the 1959 drama **"THE WORLD, THE FLESH AND THE DEVIL"** (9:30 p.m., TCM).

SERIES NOTES

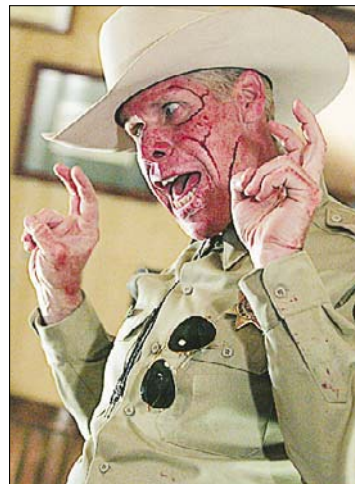
An hour of clips on "**MOST OUTRAGEOUS MOMENTS**" (8p.m., NBC). KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

Desolation Zone

Stephen King lends his frightful pen to another TV screamer

THRILLS | Based on a novel by Steven King, "Desperation" (8 p.m., ABC) offers a long, strange variation on an old "Twilight Zone" theme: the deserted rural town where visitors check in but can never leave.

Ron Perlman has a great time hamming it up as Collie Enragian, a deranged state trooper with a nasty skin condition and the habit of planting evidence on drivers he pulls over on a lonely stretch of Nevada highway. He barks



WILLIAM A. ZIMMERMAN

GROSS OUT: State trooper Collie Entragian is not having a good skin day.

out strange incantations in some ancient language, has an affinity for wolves and he kills some victims and imprisons others.

Soon he has a motley collection of souls in his jailhouse, including Johnny Marinville (Tom Skerritt), a famous best-selling author who decided to discover America on his motorcycle.

Just who or what is in possession of Collie? What's happened to the doomed mining town of Desperation? One thing is certain: "Desperation" is filled with inside references to King's other shockers, including the word "R-e-d-r-u-m" written in blood on a jail wall. And with Skerritt's character, King is clearly not afraid to make a little fun of himself. KEVIN MCDONOUGH
(UNITED FEATURE SYNDICATE)

5.23.06		6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
LOCAL CHANNELS	WRC	News		NBC Nightly News	Access Hollywood	Outrageous	Outrageous	"10.5: Apocalypse" (2006) (Part 2 of 2) Kim Delaney. Premiere.				News	Tonight Show	
	WTTG	Seinfeld	The Simpsons	The Simpsons	Seinfeld	American Idol (S Live)		House "No Reason"			News	Geraldo at Large	Friends	
	WJLA	News	ABC Wld News	Wheel of Fortune	Jeopardy! (N)	"Stephen King's Desperation" (2006, Horror) Tom Skerritt. A malevolent entity preys on humans in remote Nevada.				News		(.35) Nightline		
	WJLA	News	CBS News	9News Tonight	Ent. Tonight	The 41st Annual Academy of Country Music Awards Festivities honor excellence in the recording industry.				News		Late Show		
	WDCA	That '70s Show	That '70s Show	Friends	Every-Raymond	America's Next Top Model	Veronica Mars Suspicious suicide.	The Tyra Banks Show (N)			Girlfriends	Girlfriends		
	WMPT	The NewsHour With Jim Lehrer (N)		Business Rpt.	Outdoors Md.	Nova "Volcano Under the City"	Out of the Ashes: The Lost Library			Frontline "Sex Slaves"	Out of the Shadow			
	WETA	BBC World News	Business Rpt.	The NewsHour With Jim Lehrer (N)		Nova (DVS)	Frontline "Sex Slaves"			Texas Ranch House "Showdown at the Cooke Corral; Lord of the Plains"				
	WHUT	World Business	Tavis Smiley	BBC World News	Moneywise	Mystery! "Inspector Lynley Mysteries"	Missing Joseph	Great Museums		BBC World News	Tavis Smiley	Charlie Rose (N)		
WDCW	Steve Harvey	The Parkers	My Wife and Kids	Bernie Mac	Gilmore Girls "Fight Face"	Pepper Dennis (N)			Bernie Mac	My Wife and Kids	Sex and the City	Will & Grace		
BASIC CABLE	A&E	American Justice: Trial-Post		Cold Case Files		Kids Behind Bars		Bounty Hunter	Bounty Hunter	King of Cars (N)	King of Cars	Crossing Jordan "Prisoner Exchange"		
	Animal	The Crocodile Hunter		The Most Extreme		Deadly jelly.		Profiles of Nature		The Most Extreme "City Slickers"		Rats With Nigel Marven		
	BET	106 & Park: BET's Top 10 Live			BET.com Count		"Motives" (2004) Vivica A. Fox. A successful businessman cheats on his wife.			College Hill	Season of Tiger	Jamie Foxx	Jamie Foxx	
	Bravo	Blow Out		The West Wing		Inside the Actors Studio			Kathy Griffin Is...	Not Nicole Kidman		Top Chef The final three contestants.		
	Comedy	★ "House Party IV" (2000, Comedy) Marques Houston, Dorian Wilson.				Daily Show		Colbert Report	Mind of Mencia	South Park	Jim Gaffigan: Beyond the Pale	Daily Show	Colbert Report	
	Court	NYPD Blue "Personal Foul"		Cops	Cops	Cops	Cops	Cops	Cops	The Investigators	Masterminds	Masterminds		
	Discovery	Cash Cab	Cash Cab	Deadliest Catch		Deadliest Catch "Man vs. Ice"		Deadliest Catch "On the Edge" (N)		Going Tribal "Living With Cannibals"		Dirty Jobs Least attractive water jobs.		
	DISCH	Paramedics "Double Dose"		Trauma: Life in the ER		The Facemakers		Untold Stories of the E.R.			Our 27 Kids Many children. (N)			
	Disney	That's So Raven	Zack & Cody	Phil of the Future	That's So Raven	"Cow Belles" (2006, Comedy) Alyson Michalka, Amanda Michalka.			American Drgn	Even Stevens	Zack & Cody	That's So Raven		
	E!	Child Star Con.	Child Star Con.	E! News (N)	The Daily 10 (N)	Sexiest "Celebrity Blondes"			Sexiest (N)	Saturday Night Live				
	FX	King of the Hill	King of the Hill	That '70s Show	That '70s Show	★★★ "X-Men" (2000, Action) Hugh Jackman, Patrick Stewart, Ian McKellen.			★★★ "X-Men" (2000, Action) Hugh Jackman, Patrick Stewart, Ian McKellen.					
	HGTV	Renovation	Wknd Warriors	Curb Appeal	House Hunters	Designed to Sell		Bad, Bad Bath (N)	Decorating Cents	Curb Appeal (N)	House Hunters	Buy Me (N)	Parents House	Designer Finals
	Family	7th Heaven "Paper or Plastic"		7th Heaven		★★★ "Willy Wonka and the Chocolate Factory" (1971) Gene Wilder.			Whose Line?	Whose Line?	The 700 Club			
	History	Battle History of the Navy		Modern Marvels: Survival Technology		Marvels: Weird Weapons: The Allies		Mega Disasters: Hurricane		Mega Movers "America Moves" (N)		The Shroud of Turin		
	Lifetime	The Golden Girls	The Golden Girls	"Love in Another Town" (1997, Drama) Victoria Principal, Adrian Pasdar.		Blowin' Up		Real World-Rd	The Real World	The Real World	Blowin' Up	Punk'd	Punk'd	
	MTV	Yo Momma	Parental Control	Direct Effect		SpongeBob		Zoey 101	Fresh Prince	Hi-Jinks	Fresh Prince	Fresh Prince	Fresh Prince	Fresh Prince
	NICK	Ned's School	Danny Phantom	Fairly OddParents	Jimmy Neutron	SpongeBob		Zoey 101	Fresh Prince	Hi-Jinks	Fresh Prince	Fresh Prince	Fresh Prince	Fresh Prince
	SCI FI	Stargate SG-1 "Summit"		"Leeches!" (2003) Matt Twining. Mutated leeches terrorize a college campus.			"Komodo vs. Cobra" (2005) Michael Paré, Michelle Borth. Premiere.			Michelle Borth. Premiere.		★ "Sabretooth" (2002) David Keith.		
	SPIKE	World's Wildest Police Videos		CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		Video Justice: Crime on Tape!		Video Justice: Crime-Tape 2		World's Most Amazing Videos		
	TBS	Seinfeld	Seinfeld	Every-Raymond	Every-Raymond	Friends		Friends	Sex and the City	Sex and the City	MLB Baseball Atlanta Braves at San Diego Padres. (Subject to Blackout)			
TLC	While You Were Out		Overhaulin' "52 Pickup"		Wrecks to Riches "Plain Jane" (N)		Overhaulin' "Bel Air BBQ"		Miami Ink Friends open a shop.		Wrecks to Riches "Plain Jane"			
TNT	Charmed "Bare Witch Project"		Law & Order "Maritime"		Law & Order "Embedded"		Law & Order "Asterisk"		Law & Order "Hubris" (DVS)		Law & Order "Navy Blues"			
USA	(5:00) ★★ "A Very Brady Sequel"		Law & Order: Criminal Intent		Law & Order: Criminal Intent		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Law & Order: Criminal Intent			
VH1	VH1 Goes Inside		VH1 Goes Inside "Cops"		SuperGroup		Heavy: The Story of Metal			Bad Habits		Can't Get a Date	Hollywood Blackmail	
SPAN.	TELEM	Sala de Parejas	Noti-Telemndo	La Tormenta	(05) Tierra de Pasiones			(15) Corazón Partido			Decisiones		Noti-Telemndo	Fútbol Amistoso
	UNIV	Que Locura	Noticiero Univ	Peregrina (N)	La Fea Más Bella (N)			Barrera de Amor (N)			Ver Para Creer		Primer Impacto	Noticiero Univ.
SPORTS	ESPN	SportsCenter (Live)		NBA Shootaround		Draft Lottery		NBA Basketball Conference Final Game 1 -- Teams TBA. (Live)			SportsCenter (Live)			
	ESPN2	Mike and Mike	Around the Horn	Soccer Morocco at United States. From Nashville, Tenn. (Live)			WNBA Basketball Connecticut Sun at Minnesota Lynx. (Live)			WNBA Basketball: Comets at Storm				
	CSN	The Sports List	SportsNite	WNBA Basketball New York Liberty at Washington Mystics. (Live)			ACC Tournament 2006			SportsNite (Live)		ACC All-Access	Best-Sports	
NEWS	CNN	Lou Dobbs Tonight		The Situation Room		Paula Zahn Now		Larry King Live		Anderson Cooper 360				
	FNC	Special Report (Live)		The Fox Report With Shepard Smith				Hannity & Colmes (Live)		On the Record-Van Susteren		The O'Reilly Factor		
	MSNBC	The Abrams Report		Hardball		Countdown With Keith Olbermann		Scarborough Country		Rita Cosby Live & Direct		The Situation With Tucker Carlson		
MOVIES	AMC	(5:45) ★★★ "Big" (1988, Fantasy) Tom Hanks, Elizabeth Perkins. 'PG'				★★★★ "The Sting" (1973, Comedy-Drama) Paul Newman, Robert Redford, Robert Shaw. 'PG'				★★★ "Diamonds Are Forever" (1971) Sean Connery.				
	TCM	(5:30) ★★★ "Here Comes the Groom" (1951) 'NR'				Cartoon Alley	★★★ "Bright Road" (1953) Dorothy Dandridge. 'NR'				★★★ "The World, the Flesh and the Devil" (1959) 'NR'		(1:15) ★★★ "A Patch of Blue" (1965)	
	HBO	"Anacondas: Hunt"		★★★ "Cry Baby" (1990) Johnny Depp.		★ "PG-13"		★★★ "Batman Begins" (2005, Action) Christian Bale, Michael Caine.		★ "PG-13"		Big Love "Where There's a Will" ★		
	MAX	(1:15) ★★ "Alien vs. Predator" (2004) Sanaa Lathan. ★ "PG-13"				★★★ "Dominion: A Prequel to the Exorcist" (2005) Stellan Skarsgard. ★ 'R'				★★★ "Harlem Nights" (1989, Comedy-Drama) Eddie Murphy. ★ 'R'				
	SHOW	(5:55) ★★ "Foolproof" (2003) Ryan Reynolds. 'R'				★★★ "Without a Paddle" (2004) Seth Green. 'PG-13'		(1:15) ★★★ "Team America: World Police" (2004) Voices of Trey Parker. 'R'				HUFF (iTV) Beth makes a request. ★		
	TMC	(5:45) ★★ "The United States of Leland" (2003) 'R'				★★★★ "As Good as It Gets" (1997, Comedy-Drama) Jack Nicholson. ★ "PG-13"				★★★★ "The Woodsman" (2004) Kevin Bacon. 'R'		★★ Futureworld		
	STARZ!	(5:30) ★★ "Virus" (1999) ★ 'R'		(1:15) ★★ "Herbie: Fully Loaded" (2005, Comedy) Lindsay Lohan. ★ 'G'		★★★ "Stealth" (2005) Josh Lucas. Three pilots combat artificial intelligence.				(0:55) ★★ "The Pacific" (2005) 'PG'		DontBe		



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National Institute of Mental Health **NIH**
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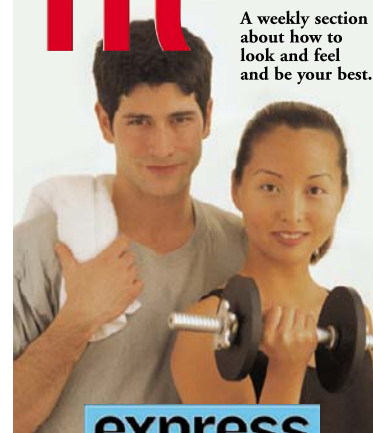
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To apply fax resume and letter of interest to Chad Zehner at: (202) 279-3438 or email Potomac.HR@jobcorps.org by COB 5/26/06. Pay is approximately \$12 per hour. EEO/V/M/D.

Administrative Assistants

Top level. 2 shifts avail 8a-5p & 4p-12a. Excellent computer, phone, & typing skills. Quickbooks a plus. Call 240-848-1236.

Administrative Assistant

P/T, Greenbelt, MD. Must be skilled w/ Microsoft Applications & Contact Mgr-ACT. Call Ms. Edmonds, 301-513-9004

Advertising \$\$\$

ADVERTISING ENTRY LEVEL

Natl. marketing firm has F/T entry-level openings. We have Mgmt. opportunities avail. Help execute promo campaigns for Sports Teams, Natl. Rest. Chains & Hotels. Learn Sales to Mgmt. PD TRAINING! 38k to 42K 1st yr.

college degree req'd. Call Emily @ 703.288.3123
www.crcadvertising.com

ARCHITECTURE

Energetic, 6-person DC firm seeks Graduate Architect with 2-5 yrs. exper. You should have strong AutoCAD skills, design talent & an interest in places for human interaction. Send resume to: Rippetreau Architects, PD, 1530 14th St NW, Washington DC 20005 email: kate@riparchs.com; or FAX: 202-387-7129.

JOBS

ATTORNEY

NoVA law firm seeks VA licensed Attorney with 2 to 4 years exper. in area of Domestic Relations. Fax resume to: 703-750-0963

AUDITOR

Hotel in Largo, MD seeking an exper'd Night Auditor (11p-7a). Min 2 yrs exper. Good pay & benefits. Email to hr@hiewashington.com or call 301-636-6090

AUTO SALES

DARCARS

Due to increased customer demand, DARCARS currently has sales positions available throughout MD & VA. **Experience not necessary - we will train in our state of the art training facility!** We are seeking motivated, customer friendly individuals who are eager to begin a lucrative career with one of the regions fastest growing auto groups! We offer:

- Health Insurance & 401K
 - Company Car
 - Paid Vacation
 - Over \$80K first year earning potential!
 - Rapid advancement into management
- Apply in person, at DARCARS of Silver Spring, 12214 Cherry Hill Road, (at the corner of Rt. 29 and Cherry Hill Road). Contact Shannon Ryan at 301-622-0020 or sryan@darcars.com

AUTO SERVICE MGR &

AUTO MECH — w/ elec. diagn. skills. Rockville. Gas Station Expd. Good Benefits! 301-529-0990

AUTO TECHNICIANS

Busy full service auto repair shop in Forestville area seeking Techs, ASE cert. on board computer experience with own tools. Earning potential \$50K-\$60K yearly. Contact Mr. Coleman 301-420-8023.

AUTO TECHNICIANS AND SERVICE ADVISORS

RADLEY

Our new state of the art facility is under construction and Karen Radley Acura Volkswagen in Woodbridge, VA has immediate openings for:

EXPERIENCED TECHNICIANS AND SERVICE CONSULTANTS for both product lines. **Your income will not be limited in this shop—WE'RE SLAMMED WITH WORK!**

Excellent benefits package and employee recognition program. Please contact: John Streeper at 703-497-0900 for a confidential interview.

Automotive

BODY SHOP MANAGER

Lindsay Ford of Wheaton has a rare opportunity to join the area's premier auto group. Make this your last job! Are you a number 2 man waiting for the right chance. Great benefits, great 401K, great facility & a great company. For a confidential interview, please call Paul Boots, 301-949-4060 or email: pboots232@aol.com

AUTOMOTIVE SALES FOX CHEVROLET OF LAUREL

Due to increased sales & new facilities, immediate openings for exper'd Sales Associates to join our New Car & Used Car Departments. We offer:

- 401k
- Health
- Competitive pay plan
- Bonuses
- Paid Vacation

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JOBS

Automotive Mechanic & Expr'd Helper— Good work environ. Salary or commiss. Call 703-799-7320.

Automotive

Safford Dodge of Springfield has immediate position open for Certified Chrysler Tech, Used Car Tech, Front End Tech & Apprentice Techs. Please reply to Jeff East at 703-866-1716.

Barber

** DC Licensed **

Seeking Barbers/Stylists/Braiders. Busy shop in DC. Call 301-343-3952 for info.

BARBERS—FT/PT. Arlington, VA. Call 571-276-0357

Beauticians & Other Professionals

Upscale Bethesda Salon, Chairs available 6/1/06, Free parking. Call 301-762-5221

BEAUTY

BARBERS, HAIRSTYLISTS & MANICURISTS w/lic. exper. & following. Commission or rental booth. Call 202-347-6515 or 202-841-0952 ask for Bathsheba or Carl

BEAUTY — Lic. Hairstylist. Up to 70% Commission. Call Debbie at 301-735-0002.

Beauty—Licensed Stylists/Braiders. Busy DC Salon bothrent and/or commission. 202-529-2800.

Beauty

MANICURIST/HAIR STYLIST/ CHAIR RENTAL AVAILABLE

Beauty Salon—Dessange Paris seeks **NAIL TECHNICIAN, F/T**. MD lic. Commission or salary. CALL 301-913-9373 or email dessange@verizon.net

Bookkeeper/Accountant

Medium to Large specialty contractor seeking an experienced Full Charge Bookkeeper. Must be proficient in QuickBooks & intermediate level Excel skills required. Responsibilities include: AP/AR, Payroll, G/L, reconciling accounts, setting up files & exporting data into EXCEL/ QBS. Detail oriented, highly organized. College degree, construction background preferred. P/T-F/T available. Email: dmiller@cochranandmann.com

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P/T. Flex hrs. Georgetown. Free parking. Competitive pay. Pleasant office. Ask for Bryce Weaver:

W.T. Weaver & Sons
Phone: 202-333-4200
Fax: 202-333-4154

CABINETMAKER & HELPER

Arch. millwork co., Rockville.

1 yr exp req'd. 301-230-2500

CARPENTER

Insurance restoration co. in need of carpenters. On call duty req'd. Must have valid driver's lic., own tools, and trans. Call Jack 301-336-8600.

Childcare

DIRECTOR—Childcare Center in Alexandria. Early Childhood Education & exp. req'd. Fax your resume to: 703-370-7788. For an interview call: 703 671 7382 & ask for Jeanette.

Cleaner

DUCT/FURNACE CLEANERS

For industry leading company. Must be honest & reliable, apply at: 4751 Lydell Rd. Cheverly MD 20781.

Construction

Community Coordinator for National Homebuilder

Duties include Scheduling Settlements, typing letters, copying files, reviewing HUD's, data entry. Ideal candidate will be detailed orientated, accurate, organized, and have the ability to multi-task. Some overtime required. Homebuilding experience preferred. Contact: 703-668-1550.

JOBS

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CONSTRUCTION

Crane Operator

Conventional & hydraulic. Min 5 yrs exp., top pay. Skyline, 703-369-0468.

Construction

Purchasing Assistant for National Homebuilder

Duties include Administrative support of Purchasing Dept, data entry of contracts, GE appliance orders, maintain master subcontractor agreements, general administrative duties (typing, filing, faxing, copying, mailing, etc.) Ideal candidate will be analytical, process driven, deadline oriented, possess ability to communicate w/multiple departments and multi-task. Homebuilding experience preferred. Must be proficient in Microsoft Excel, Access, & Word. Proficient in AS400 preferred. Contact: 703-668-1550.

CONSTRUCTION

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Knowledge of MS Office. Salary commensurate w/ experience. Located in Bladensburg, MD. Email resumes to: dulanto@jggarcete.com

CONSTRUCTION

Welder/Certified Pre-cast Concrete

sz06 Top pay
Skyline, 703-369-0468.

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3 FT Porter/Custodians. High-rise condo, N. Bethesda. Shifts avail. Mon-Fri, Wed-Sat, Sun-Wed. Benes. Call 301-493-9200.

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CUSTOMER SERVICE—FT/PT, for busy natural health care center. Mon-Sat, some positions until 7pm. Great benefits, great teamwork, hourly pay. Must apply in person: 4609-D Pinecrest Office Park Dr., Alexandria, VA 22312. 703-354-7336. Several positions available - act now!

DANCERS—Wanted for Gentleman's Club (PG County). \$300-\$500/night. No exp. needed. 240-286-3660 or 301-568-8500

Data Entry/Mail Room/Recept. — MAP a Path lab, F/T btwn 9a-5p. Sterling, VA. FAX resume to: 703-404-1131.

JOBS

DAYCARE

Exper'd Teachers needed for Alex Daycare. Infants/2/3. Call Alexandria 703 354-4855.

DELIVERY DRIVER

Must have own car for daily delivery route Mon-Fri, DC & PG Co. \$12-\$14 per hr. Call 703-385-4488

DENTAL ASST and RECEPT

Cosmetic & Family Dentistry in Herndon seeks bilingual English/Spanish Dental Asst. and Recept. with exper. for our new office. **CALL to set up an interview, 703-698-5400**

DENTAL RECEPT & ASST

Dental office seeking a Receptionist and Assistant. Fax resume: 202-363-1536.

DISPATCHER/OPERATIONS

When was the last time you enjoyed your work? Progressive. Stable. Growth. Arlington company in search of positive, sharp teammate, able to work independently. Excellent salary & benefits. Fax 703-525-1637 Michael or email: employment@fedlock.com

DRIVER — Bring your own car, pickup truck or van. Mid-Atlantic deliveries 24/7. Paid weekly. Call 301-495-0000.

Driver

Bus Driver

Wanted at the Potomac Job Corps Center for local and distant trips. Full and Part Time positions This position is in our Recreation Department. In addition to driving, this position sets up, breaks down, and participates in Recreational Activities. Drives 20%. Must possess a valid CDL with a Passenger Endorsement. Clean driving record required. Must enjoy working with Youth and enjoy having fun! Evenings and weekends, full time. Great pay, benefits, and working environment! To apply fax resume and letter of interest to Chad Zehner at: (202) 279-3438 or email Potomac.HR@jobcorps.org by COB 5/26/06. Pay is approximately \$12.50 per hour. EEO/V/M/D

Driver/Cleaner—Must have exper driving for a business in DC and house cleaning. Refs 301-350-7000

DRIVER — FT CDL Driver needed. Exp. req'd. Good starting salary, excellent benefits. CALL: 703-838-9010. Or apply within: 1225 First St. Alexandria, VA 22314.

DRIVER

TRUCK DRIVERS WANTED

Swimming pool Co. located in Fairfax, VA and Silver Spring, MD is hiring for the 2006 Summer season. We have FT and PT seasonal positions available starting now. These positions are daytime Mon-Sat. Must have a Class B CDL w/tanker, HAZMAT, and Airbreak endorsements, to deliver swimming pool chemicals and supplies out of either location. We have several positions available. Call Robert 1-800-992-6286

DRIVERS NEEDED for floral delivery event setup & breakdown. Must know Metro area. FT, overtime, great pay & benefits. 301-565-0020.

DRIVERS

To collect gas station prices in the following counties: Prince Georges, Montgomery, Loudoun, Arlington, Fairfax & Prince William. Prices collected between 6-10am Mon-Sat. \$40-\$80 per day for 2-4 hours of work. Must be online. Apply at www.snurl.com/gasapp

DRIVERS

Tow Truck Drivers wanted. **EXPERIENCED ONLY**, knowledge of NOVA & surrounding areas. Call 703-435-8888.

DRIVERS — We need experienced tow drivers & Dispatchers. Please call 703-536-0370.

DRYCLEANER—Shirt Laundry, all around. Exper req'd. 826 Upshur St, NW. Call 202-723-5742

ENVIRONMENTAL SALES

No. VA based environmental waste disposal co. has immed. opening for exp. sales professional w/2-3 yrs+ exp. req'd. Hazardous & non-hazardous waste disposal. For immed. consideration, please fax resume to 703-502-1796. EOE

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JOBS

Editorial

hanleywood

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Hanley Wood, LLC is the premier media network serving North America's residential and commercial construction industries. Become part of the dynamic work force at Hanley Wood and explore new challenges in a fast-paced industry. We are currently recruiting for the following positions:

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Min. 4 yrs. exper. needed. Excellent wages & benefit pkgs. Long-term projects with career opportunities. FAX resumes to: 301-779-1279; or CALL: 301-277-8370.

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Chief Engineer—Premier 550,000 sq ft office building, new Trane controls and equipment. Fax resumes to 202-638-0834 or email lrnyan@douglasdev.com.

ENGINEER

Kimley-Horn and Associates, Inc. a top-ranked national consulting firm providing engineering, planning, and environmental services to a wide range of clients is experiencing continued growth throughout our 55 offices.

Our Northern VA office is currently seeking a roadway/highway designer with 6-10 years experience and 2-3 yrs project mgmt experience. Professional Registration in Virginia with experience in multi-discipline areas such as structures (bridges, culverts, retaining walls, etc.), drainage, environmental, transportation planning, traffic engineering, intelligent transportation systems (ITS), roadway geometric software in roadway design, including drainage design, utility layout, plans production, and preliminary report writing is preferred. Candidates must possess solid technical experience and strong communication skills.

Kimley-Horn offers an excellent compensation & benefits package including ownership potential, incentive based bonuses, profit sharing, & 401(k) contributions. For consideration, please apply online in the Careers/Contact Us section of the website at: www.kimley-horn.com. Please use reference code KMAG.

FINANCE

BUSINESS ANALYST

needed for short-term Fed contract. Review & analyze bus. apps for compliance and eligibility. B.A. & 3 yrs exp. \$19.00 per hr. Send resume to: debbie@djaandassociates.com

FITNESS TRAINERS WANTED
 Must be certified. For group sessions. **CALL Jane, 202-547-7906.**

GRAPHIC ARTIST

needed for 50 page annual report. 5 yrs exper working w/inDesign, Photoshop, Illustrator for DoD or Advanced Tech projects. Send resume, salary, and relevant samples to Debbie@djaandassociates.net

GRAPHICS PERSON

Mac & PC exper. req'd. Able to multi-task. Must know CS2, Quark, Pagemaker, Word & Publisher. Cust. Svc. oriented. Busy print shop on Kent Island. FT/Benefits. CALL: 301-404-4666.

HOME IMPROVEMENT—Contractors for all phases of home improvement. Exp only apply. Call 301-283-3816 fax resume w/salary reqs to 301-283-0771.

HOUSEKEEPER—Live-in companion and light housework. Call 301-365-5744.

HOUSEKEEPER—PT in Alex., help with Asian cooking & laundry. Call 703-867-3212

HVAC

A/C EQUIPMENT MECHANIC

The National Gallery of Art has multiple vacancies for A/C Equipment Mechanics, responsible for operating, maintaining, and repairing mechanical systems, air handlers, pumps, compressors, etc. Secure government job, great benefits. Starting wages \$45,000. Call Mr. John Bixler, 202-842-6350 for more information. U.S. citizenship is required. For specific application information and instructions go to <http://jobsearch.usajobs.opm.gov/a9nga.asp>. The vacancy announcement number is #06-01

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Experience pref but will train, Metro area. Call 301-384-0558 or 1-866-244-4500

KITCHEN DESIGNER

CAD. Exper'd only. No weekends. Benefits. Severna Park, MD. 410-647-2336.

LABORERS PT & FT—Looking for exper Handymen, Pressure washers, & Laborers. 6a-3p & 2p-10p shifts. Clean Driving recd, bkgrnd chk. Drug test req'd. Call 301-509-8484

LABORERS/WAREHOUSE/TRUCK HELPERS
 37 immed openings for Laborers/ Warehouse/ Truck Helpers on day and night shifts. Positions located in DC Metro area. Transp a must. Apply in person Mon - Wed., 10am sharp, at Crosby Corporation, 835 Bonifant St., Silver Spring, MD.

LEAD & ASSISTANT

TEACHERS
 Immediate opening in 3 & 4 yr old classrooms in a private preschool in Old Town Alex. x. Ratio 1:6 in small group sizes. NAEYC program. Very competitive salary. Medical, life & disability insurance. 10 paid vacation & sick days. Training time. Min reqs: CDA or AA pref'd, 4 yr early childhood degree. Must have 2+ yrs experience working in a center. Fax resume to: 703-683-3321.

WeekendPass performs. Thursday.

Legal Assistant/Paralegal-Bilingual

Silver Spring law firm looking for Bilingual-Spanish/English Legal Asst./Paralegal. Exp. w/PI cases pref'd. Sal. & bene. commensurate w/exp. Fax resume to Cindy: 301-589-7343; or Email to: lulzlawc@aol.com

LOCKSMITH

FedLock seeks ENTRY LEVEL (will train) & EXPER'D TECHS. Installation/service, access control, hardware, no auto, no on-call. Great oppy for personal/professional growth, exc salary/benes. Fax 703-525-1637 Attn Michael

Maintenance—HVAC Certified. Punch-out or turn-over exper. 9-5pm. Exp'd only need apply! Fax: 301-336-5093

MAINTENANCE TECH

Exper, HVAC Lic req'd.

Fax resume to Eunice Moore at 202-388-8737

Marketing

Marketing—Northern Virginia

Recent coll. grad. Will train.

\$33,000 base plus bonus.

Resume: manager@commissionexpress.com

Manager, Corporate Alliances

New position! Excellent opportunity!

USO, a non profit organization providing programs & services for the military and their families is looking to fill this position to manage the development & execution of corporate marketing alliances & philanthropic relationships established at the USO Center/Affiliate level. The Manager will also need to generate sponsorship & foundation revenue for stateside & overseas Centers. The position is located at the Headquarters office in Arlington, VA and reports to the Director, Corporate Alliances.

Responsibilities include: providing guidance for selling & implementing partnership marketing deals; research targeted categories & primary prospects; serve as information resource for corporate alliances activities & inquiries; generate weekly activity reports & analysis; prepare sales materials & presentations; prepare partnership agreements; represent the organization at tradeshow/conferences; other related duties.

Minimum requirements: Bachelor's degree in related field; five or more yrs. progressively responsible sponsorship of nonprofit fundraising exp.; project management exp.; excellent written & verbal communication skills; fully competent in MS Office & PP; exp. w/Raiser's Edge preferred; ability to travel extensively w/in US & occasionally overseas.

Send resumes to USO; HR dept. at jobs@uso.org or fax to 703-908-6401 for immediate consideration, but no later than 5/26. Only applicants selected for an interview will be contacted. No phone calls please. E/O/E. AA.

For more information on USO, go to www.uso.org

Marketing

Division of Citigroup in need of PT or career-minded individuals. Interest in teaching, customer service, personal finance, or marketing preferred. Orientation for potential candidates on 05/27 at U. of MD. FAX resume to: Regional Manager, PFISI at 240-632-2246.

MARKETING Company

Has 5 F/T & 5 summer positions left. Mon-Fri, 8-5, willing to train motivated people. Must love people, music, travel, & \$\$\$. Do you want to have fun & make \$800-\$1000/wk? Students welcome, must be able to start immed. CALL today, start tomorrow. 703-212-7525.

MAINTENANCE TECHNICIAN

Seeking Maintenance Technician experienced in all aspects of maintenance for 300-unit garden-style apartments in Adelphi, MD. Must be able to pass background investigation. EOE. Please email resume to heritageparkapts@aol.com or fax resume to 301-422-6968 or call 301-439-4464.

Marketing Coordinator for National Homebuilder

Maintain website and backup databases, proficient in Adobe Photoshop & Illustrator, E-Lead Management, creation of Advertisements for publication & print, coordination of Realtor functions, responsible for decor and layout of sales offices, maintain database of company sales & closings, maintain base price log for communities. Contact: 703-668-1550.

MEAT CUTTERS/MANAGER & FOOD PROFESSIONALS

Opportunity to work in NoVA, (in the Villages of Upperville & Middleburg). Enjoy a 'reverse commute' from anywhere in the DC Metro area. Immediate openings in USDA meat processing facility (certified organic by Oregon Tilth) restaurant & retail butcher shop. Meat cutters full or P/T are eligible for pay upto \$45k/yr based on exp. & number of hours. Benefits include insurance plan, IRA & vacation. Email: homefarmstores@verizon.net or FAX resume to: 540-592-7041.

MEDICAL ASSISTANT

3 Dermatologists need exp'd Medical Asst. Clinical position, not clerical. Exper. req'd. Must be articulate, personable, extremely reliable & punctual. Salary negotiable. Benefits. Fax resume to: 202-775-1772.

MEDICAL ASST/CNA—For Pediatric practice in Rockville, MD. FT/PT. Exper pref'd. Will to train. Graduates welcome. Fax 301-838-0176.

MENTAL HEALTH PROFESSIONAL

Lic/cert. w/Masters. PT, incl sat & some wklys. Fax resume 301-218-9514 or email us at bowiecounseling@msn.com

MiCash Inc

A growing financial services company is actively recruiting Financial Sales Consultants to promote its product in Washington DC metropolitan area.

Requirements:

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Please contact us at 202 338 7474 x 111 or acquinez@micashcard.com

NANNY—FT Nanny for newborn, 5 days/wk (M-F; 8-6 pm). \$1,200-\$1,500/mo. Woodley Park, near Red-line Metro. Provide references. Start: 06/15/06. Contact: andreemino7@msn.com or 443-540-2381.

NANNY—Full-time. Live-out. Non-smkr. Exper req'd. Lt hskpg. Must speak English. Vienna, VA. 240-676-1181

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Classifieds

JOBS

Non-Profit

EXECUTIVE DIRECTOR

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NURSE PRACTITIONER

To work FT in women's health clinic in College Park MD. Responsible for providing prenatal, well-women care & contraceptive services. Supervisory experience & bilingual Spanish/English is pref'd. Fax resume to Mary at 301-441-3147 or call 301-345-9325.

Nurse Practitioners-Medical Spa

FT/PT. Leading cosmetic treatment co. seeks friendly, professional NPs for DC & MD offices. Spa setting. Healthy clients. Weekday, eve & weekend shifts - min. 20 hrs/wk. Will train. Send resume to: jobs@reveal.com OR FAX: 240-209-0676

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PEDIATRICIAN/NP— FT/PT BC/BE in Bowie + b-nes. Sal attractive. 301-237-7562 Fax 301-218-0040

PEST CONTROL TECH—

Exper'd. or will train the right person. Call 301-779-5800

PHYSICAL THERAPIST P/T

Licensed in VA for small, flexible PT owned practice. Manual skills req'd. Fax 703-356-7814 or email mcleanrehab@aol.com

PHYSICIAN

Needed P/T for outpatient clinic. Internal / Family/Ortho. FAX resumes : 202-388-1704.

PLUMBERS— exp needed/ Master Plumber. Call 301-283-3816 or fax resume w/salary reqs to 301-283-0771.

PROP MGT—Leasing agent, Slvr Spg. 2 yrs exper, MRI a plus. Call 301-585-6888 or fax 301-565-8049

PROPERTY MANAGEMENT

Exp'd Leasing Agent w/ 2yrs, MRI a plus, Sil Spg prop. pls CALL 301-585-6888 or FAX 301-565-8049.

Property Management

Tax credit certification/administrator — for a tax credit property in the Washington area. Only those with tax credit certification need apply. Please fax resume to 202-561-8054

PROPERTY MANAGEMENT

LEASING MANAGER

Full-time position immediately opening!
High-rise community - Alexandria, VA
Minimum 2 years leasing experience required
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Excellent opportunity for qualified individual

Please fax resume to
(703) 567-4909 By Friday, May 26, 2006

(No telephone calls please)
Thank you!

EOE

Property Management
Maintenance Technician

Must have own tools. Please fax resume to 202-563-1874

REAL ESTATE - POST-CLOSER

Needed for Greenbelt MD title company. Min 2 yrs exp. closing. Min. 3 yrs exp. Email resume to: tittleandlaw@yahoo.com

REAL ESTATE PROCESSOR

Licensed settlement processor wanted for Greenbelt MD title company. Must be familiar w/ all aspects of real estate closings including title commitments, policies and preparation for closing. Min. 3 yrs exper. & references required. Email resume: tittleandlaw@yahoo.com

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NW—1BR\$ 840 utilities included Ft. Stevens Prop. 301-316-4590
NW / 943 O Street #1—Efficiency, \$500 + gas & electric. Call 202-547-7895
NW—Brand new, very nice 2BR 2BA apt. Lg open kitchen w/deck & 1 pkg space. 4803 Georgia Ave. \$1500/mo + utils 202-369-3521
NW—Lg clean room, Kitchen use. Nr Metro. \$525. 202-722-6181
NW/MILITARY RD—Effics from \$675, 1BR \$825; utilities incl. Newly redecorated apts, Safe, secure building. Laundry room, manager on-site. Mgr: 301-503-9738 Housing Choice Voucher Welcome
NW—Nice condo for rent, 700 Jefferson St. 2BR 1BA. w/d. \$1400/mo. Call 202-369-3521
NW—Nr Metro. Lg/Furn:\$400-600. Dep. Long-term. 202-829-3307

OLD TOWN—Lrg 1BR Marina Towers w/pool & gym \$1400/mo inclds utils. Avail 6/15 703-825-1398
OXON HILL EHO

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Studio from \$685 1BR fr \$765
2BR fr \$885 3BR fr \$1135
5% Military & Fed Gov't Discount, Instant Approvals/Move-ins, Plush Carpet, Central Air/Heat, Free after-school program
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1BR from \$725 2BR from \$815

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Instant Credit-Check
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Mon-Fri 9-6; Sat 10-5; Sun 12-4

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• Balconies & Patio
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• Free Shuttle Bus
• 2 swimming pools
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A Southern Management Community
RESTON—2BR 1BA w/formal dining rm, lrg kit, lrg BR, wlk to shp & amenitiess. \$1300/mo incld utils 703-926-0304

RESTON REFINED LIVING!
Up to 1560s! Great location off the Tollway and mins to Reston Town Center. Small pets welcome.
1BR from \$1030
2BR from \$1205
3BR from \$1480
All UTILITIES INCLUDED

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RIVERDALE—1 & 2 BR Specials,½ off of security deposit! w/w crpt, balcony, laundry, d/w, hdwd flrs, close to Metro. From \$850 - \$950 + electric. 6747 RIVERDALE RD
DELWIN REALTY 301-577-7917
ROCKVILLE/GAITHS—1 & 2 Lg BRs. Furn or unfurn. Short/Long term, Corp/internships. Fully equipped kit/balc. Nr metro, park w/pool & gym, grocery. Good rates utils incld/cable 301-948-0087.
ROCKVILLE, MD EHO

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• Pool and Tennis Courts
• Picnic/BBQ Area
• Corporate Suites

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6040 California Circle
A Southern Management Community
SE/1322 T St—1BR. Sec Bldg, w-w cpt, OSP. Renov kit., nr Metro. Starting at \$650. DELWIN REALTY 202-678-2548
SE/1400 29th St.—Renov 1BR apt in quiet bldg. \$670/mo. 202-584-6637
SE/1629 17th Pl—Must see! Newly renovated, safe & secure 2-BR apt, h/w flrs, carpet, ceiling fans, Sec. 8 welcome. \$1100/mo. For appt. call Courtland Wyatt 240-604-8757

SE—2BR, full renov, new kit, new BA, crpt, CAC, heat, freshly painted. Sec 8 welcome. Call 240-304-8658
SE: 3109 MLK. Jr. Ave.—1BR \$595 + utils. 3 blks. from W.Gas, 1 block from Fire Station. Manager: 202-215-1190 Office: 202-537-8970
Housing Choice Voucher Welcome
SE—4 BR, newly renovated. CAC, w/w carp. Section 8 welcome. Call Rodney 240-463-2070
SE: 4010 9th St.—1 BR \$725+e. Totally remodeled-, hardwood floors, A/C, balcony, Southern Avenue Metro. Laundry room on-site. Mgr: 202-270-1319
OPEN HOUSE MAY 22, 10AM-12PM
Housing Choice Voucher Welcome

SE/4715 BASS PL—3 BR, fully renovated. Sec 8 welc. 202-330-8871
SE-Cascade Park Apts
4236 4th St. SE. 5 Bldg, 132 Unit Gated Community-. Extensive Renov. underway. New Mgmt. Immed. occupancy 4BR \$1495, 3BR \$1395, 2BR \$975, 1BR \$745, Efc \$645. Renov kitch, new appliances, wood & carpeted flrs, ac, on site laundry rm, on site mgmt. www.novodev.com 202-315-1103
SE/Congress Hgts—2 - 1BR apts for \$750/each, utils not incl'd. Totally renov. 1 avail now, other apt avail. June 1. Call Tony. 202-253-6622.
SE/Fairfax Village—1 BR/den condo. Secure bldg. W/d, DW, AC, cable ready, nr Metro/on bus line. \$800. Credit check approval 301-336-4193
SE/Green St—Lg 1BR, 2BR & 3BR. Balcon, Hrdwd Flrs, CAC, indr laun fac., pvt prkg, nr Metro. \$650- \$1200+elec. Sec. 8 welcome.

DELWIN REALTY 202-678-2548
S.E.—Totally remodel 1BR on quiet street, mins to downtown & Bolling AFB, apt incl new carpet, blinds, kit cabs, apples, W/D, etc. Sect 8 ok. \$800. \$99 Deposit w/good credit, for appt call Donna 301-952-0906 or Jimmie 571-237-1882.
SIL SPG—Crptd 1BR, \$1025 utils incl, onsite prkg, nr Metro/Shops. Bus at door. Deposit \$500.
Monterrey Apts 301-588-3413
Silver Spring EHO

Forest Park Apartments
'A great place to live'
• Beautifully wooded landscape
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FREE UTILITIES

Just a few steps from the Silver Spring Metro; walking distance to 2 new shopping centers, the AFI Silver Theater, the Discovery Channel building; and soon-to-be neighbors with a brand new health club and Borders Books - you couldn't ask for a better spot!

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2BR Apt Available Immediately
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Free Parking & Fitness Center
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SUITLAND \$1750
4BR/2½BA TH. Nr D.C. line. Sec 8 ok. Call Vera, 301-335-9968.

SUITLAND/10 mins from d/twn DC—3BR 2½BA lux TH. 2 car gar. 2 min walk to Metro. 5 mins from 495. \$2500/mo. Call 301-437-5614

TAK PK—1-BR \$650 +elec; 1BR \$750+elec + cooking gas, 2BR \$850+elec. Call 301-580-9542

TAKOMA PK—2BR. New kit & W/D. Sm bldg. \$895+elec. 301-774-3620
TEMPLE HILLS—\$1350. 3BR, brick semi det, OSP, conv to subway. Mitchell Realty. 202-563-3063
TEMPLE HILLS—1, 2 & 3BR Apts avail immed! W/W. D/W. Fireplace. Gas included. Call 301-894-8524

play su do ku

Tyson's Corner—Spacious 1BR & 2BRs starting at \$1400. Fully renovated high end units. Deluxe fitness center w/sauna, year-round pool & tennis facilities. Fully equipped business center, express shuttle to METRO. Just mins from Tyson's Corner Center. For appt, Call Howard at 703-473-1050
www.apartments.com/renaissance2230

UPPER MARLBORO—1BR, 1BA condo, \$1250 all utils incl, gated comm. w/d, dw, brkf bar, new bath, assign prkg, walking distance to Metro, shpg, & PG Col. Avail 7/1, 301-980-2728
VIENNA, VA EHO

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• Park-like setting
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• Enormous Balconies
• Huge living rooms
• Swimming pool
• Play areas
• Minutes to metro

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A Southern Management Community
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ROOMMATES

ANNANDALE—Shr SFH, \$500 all utils. incl. Call Anna 703-898-2560
ARL—Wlk Ballston Metro. Immed. Room: \$595/lge rm \$675 + utils. 703-599-7572
BELTSVILLE—Female preferred, 2 rms in 3BR, 2BA Apt. Cts to College Prk, Shop Mall. \$600 & \$650 all utils incl. Parking avail. Ready June 1. 808-230-7004
BOWIE—Share spacious 4BR house, 2½BA, lge kit, lge bkdy, \$550/monthly. Call Amanda @ 410-903-7518.
FALLS CHUR/Lake Barcroft—Very pvt 1 BR/1 BA, Traveler's Rebate. \$875-\$725. Call Russ 703-750-1661
FORT WASH—Furn rm for rent. Starting at \$100-200/wk. Beautiful home to shr. Bus/Metro Acces. All utils + cable includ. 301-219-3234 or 301-292-3679 lve message, we will return calls promptly.
GAITH—Share house, 1 room \$299, close to Metro, shopping center, nsmkg. Male. 301-219-1066
GAITHERSBURG—Remod lge MBR w/wlf ba. N-smkg. Nr NIST, prkg, shops, bus I-270. \$375/bi-wkly 301-972-0086 or 240-425-3519
GERMANTOWN—Share gorgeous clean TH, right off 270. \$1250/mo. 301-367-7848
LAKE RIDGE—Beaut 4BR/2.5BA SFH to shr. Lg MBR, shr BA, must see, \$1200 utl incl. 703-296-2433
Lanham/Cap Heights—Rms for rent. Pvt BA. Cable. \$160/wk. 202-330-7265
ROCKLV/VIERS Mill Rd—F. shr condo, 1BR, pvt BA, new crpt, furn. \$400. 301-942-3504; 240-281-6831
SIL SPG—Prof F shr conv. wonderful hse. BR/BA \$650, \$495. N-smkg/No pets. Incl utils. 301-593-2435.
SILVER SPRING—1-2 rooms for rent. Beginning \$500. 301-755-4776

CONDOS FOR SALE

1602 Ishurwood NE—Nr Cap Hill 3+BRs remod. condos. High end applis. Home Buyers Realty 202-526-2005 Ernest 202-438-7611
ALEX/Cameron Station—Huge 2 BR 2BA 1350 SF. Frpl, balc, sep DR. snrm. new paint. WD. mid 400s. 571-277-1831
ALEX/KING ST \$219,500
Sunny renov condo w/newer appls, carpet etc. Assigned prkg. Low fee. 3330 So. 28th St. 703-370-8670. www.TaylorBrown.com
ALEX/PARK VIEWS \$325,000
3BR, 2BA, corner unit w/updated kit, balc, hdwds. Luxury bldg, very convenient. 5340 Holmes Run Pkwy. 703-370-8670. www.TaylorBrown.com
ALEX/PLACE ONE—Largest 1BR, 1.5BA, balc, lux h-rise, 930 sf \$254,900, mins to 395 571-277-1831
ALEX/WATERGATE AT LANDMARK

1BR/1BA—\$264,900.
1BR+DEN—\$314,900
LARGE 2BR/2BA—1309sf-\$345,900
In/Out Pools, tennis, Metro shuttle, beautiful gated community 571-277-1831
ALEXANDRIA \$260,000
Updated 2 lvl condo, 2BR, 1½BA, fresh paint, new carpet, St Sl appls etc. Only \$260,000. 8057 Pantano Place, Call Larry, Jobin Realty, 571 237-9857
ALEXANDRIA

WHAT'S UP? INTEREST RATES, THAT'S WHAT!
Don't wait any longer! Olympus at Landmark 2BR/2BA. \$329K. Updated, spacious. Great location! Utils incl in condo fee. 1st-X Buyer? Need special financing? Then, call me! Beth Kinsella, RE/MAX 100: 571-228-3434. With you, for you - like family.

ARL/Ballston/Lexington Sq \$375,000
1BR 1BA, cozy 6th flr w/balc, neutral colors, 3830 9th St., #608-E. Walk to 2 Metros. Call 703-243-8339.

ARL N/Rosslyn/River Place—NEW LISTING! JR 1BR \$205,000 & \$199,500. LG STUDIO, Furn. \$165,000. All incl new fitness cntr. Wlk Metro. Other units avl. Beth, Arlington Realty: 703-836-4610/944-9706

ARL/ROSSLYN \$209,950
for sale. Newly remodeled spectacular studio 476 sf. w/views of the pool. Owner wants quick sale. 703-587-4071.

ARL/ROSSLYN
Convenient Studios, 1BR, & 2BR units. Parking incl. at River Place. Studios \$135K; 1BRs & 2BRs start at \$210K. 1021 Arlington Blvd. Enter on Lynn St. next to Arl. Blvd. Ask gatehouse for pkg. & dir. Call Harriet for info. 703-447-3336. Landmark Realty Group

ARLINGTON/COURTHOUSE \$379,888
!!! BRAND NEW CONDO !!!
42' PLASMA TV and FULL YEAR of CONDO FEES paid by seller. Roof top pool & fitness center, concierge, 2 blocks from Metro. Granite,Stainless Steel, ceramic tiles,42' cabinets. Underground parking.
David 571-263-9550

ARLINGTON \$315,000
Totally renov. 1 bdrm, 1 bth condo in a great location. New appl., wd flrs and gorgeous all over. It's vacant and ready for you. There's plenty of parking and it's so conv. to Rosslyn, Georgetown, Courthouse and the Metro. Call Jane Jensen at 571-228-5656. See this home at http://www.realvrginiahomes.com 1336 Ode St., Unit 13.
Weichert, Realtors

ARLINGTON - WINDGATE II \$226,900
2520 South Arlington Mills Drive #B
Arlington, VA 22206
Totally turnkey! 3 level townhouse with 2 BR, 2.5BA, Hdwds, granite, privatefenced patio, pool, tennis, and walking distance to chic Shirlington. Call for a private tour. \$520,000 MLS AR6020680
Christina Wood 202-714-9822
Long and Foster 703-522-0500
Arlington \$424,900

\$7500 for CLOSING COSTS!
Immaculate grd lvl condo, in N. Arlington! Walk to Ballston Metro!
• 1 bdrm / 1 full bath
• Built 2004 & 683 sq ft
• 12 FT CEILINGS
• Hdwd Flrs & Ceramic Tile
• Granite Ctops & Maple Cabs
OPEN SUN. DIR: From 495, I66 E, Exit 71, stay on Fairfax Dr., LFT Randolph. 1000 N.Randolph St #104 ERA Teachers, Inc.

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CATHEDRAL 3900A WATSON PI#4B—Spring into Spring into 1300sf 2BR2BA/LrgBal Pkg PetsOK in Park Setting asking only \$375,000 (enter Westchester 4000 Cathedral around circle 2/3)
Carol Harris REMAX 202-338-1996
Patty Greenough/Coldwell Banker 202-333-1595
CATHEDRAL PARK \$465,000Sunny 1BR w/library offices, hdwd flrs, high ceilings, updated kit & BA. Grt Loc by metro.
C21 New Millennium 703-524-3170

DUP CIR - THE CAIRO. \$395,000—Sunny Lovely 1BR in pop bldg. Low condo fees, renov. granite, isl, bay win view, wd flrs, 24hr sec, rf deck. FSBO 1615 Q St. N.W. #801 703-338-8765

FAIRFAX CITY SUNNY 1BR/1BA \$226,900
REMODLED BALCONY, pool near shopping and metro. Condo fee includes utils 703-629-2974

FAIRFAX SPACIOUS 2BR/1BA \$284,900
RENOVATED BALCONY, pool near shopping/metro. Condo fee includes utils 703-978-8479

GAITH/Mont VIII- \$210K—Huge 2BR, 2FBA condo features LR + sitting area w/cell to fir windows, sep DR, renov kit w/wash/dry, cared for w/kids gloves. Call Jeff Zinner 301-922-7426. RE/MAX Realty Group.

LAUREL \$306,900
Lrg 2 lvl condo w/ loft, Cath ceiling, frplc, EIK, 2 bails, 2 MBRs, roommate friendly. Great location. Jill, 301-646-4124. 240-494-2149. Fairfax Realty. www.2hdb.com/pg6018530

RESTON \$289,000
2BR 1½BA 2nd flr condo. New maple kit & cabs, new applis & flrng, upgrd BAS, LV rm w/balc overlooking common area w/lrg wooded trees & natural stream. Dir: From Tysons, Toll rd W, exit Reston Pkwy, L Reston Pkwy, L Glade, L Shire ct. ERA Teachers Dennis 703-675-2650

RESTON/HARBOR CT
2 BR, 2 BA, Condo on Lake Thoreau. Price reduced to \$369K. Open Sun 1-4 Call: Tom Williams, The Real Estate Exchange, 703-850-5073.

SW—SPACIOUS 2BR, 1BA CONDO. 1 YR OLD. WLK TO METRO, WATERFRONT. PARKING INCLD. \$454,900. FSBO. OPEN HOUSE 5/21 1-4. 571-243-6301.

Vienna Seconds to METRO! \$449,000
2BD/2BA + Sit Rm, 4 yr old Condo, Upgrd kit, balc, Jacuzzi, elevator, undgrd pkg.
Alliance Realty Group 703-742-8756
Williamsburg \$255,000

Quiet Wooded Area
3 br 2.5 Baths Call: 757-220-4256

HOUSES FOR SALE

#1 BEST BUY FAIRFAX—\$75K Prime lot. Mason Neck Area. Gunston Manor. 12,000 SF. Soil Test to be done by purchaser. MLS #FX5541664. David Smith, Avery-Hess Realtors 540-273-0129; 540-373-9300

27th & R st SE—4BR 2.5BA starting at \$299,900. Home Buyers Realty 202-526-2005 Ernest 202-438-7611

ALEX CITY KENSINGTON COURTS \$650,900
438 Stanton Place, Alex., VA 22304
Immaculate 4-level garage townhome. 3 bedrooms, 2.5 baths with all of the finishing touches. Easy DC commute with Metro rail within walking distance. Call for a private tour.

Christina Wood 202-714-9822
Long and Foster 703-522-0500
ALEX Open Sun 1-4 \$499,000
Relax at a 10,905 sq ft lot, 3BR, den, 2FBA, rec rm, din rm, liv rm, lg kit. Close to everything. Many updates. From 495, S. on Van Dorn, L Franconia, R Peverill Dr, L Picot, immed, R on Eaton Pl. Call Darrell (703) 625-4311. Weichert, Realtors

ANACOSTIA \$299,000
1643 U St SE
Completely renovated 4BR/2FBA Colonial with new kitchen, new bathroom, off street parking, large backyard w/deck, hdwd flrs, laundry rm, off kitchn, and CAC to be installed. Call Aaron Hargrove at 202-438-0701 for more details.
Realty Executives 2000

ARL N—Brick Duplex. Lge corner lot. 2 units each w/2BR & 1BA + wlk-up bsmt. Off-st pkg. Nr Ballston/Clarendon. \$749,000. Beth, Arlington Realty 703-944-9706/703-836-4610

Arlington \$750,000
BEST BUY IN ARLINGTON - DON'T MISS IT!!
ARLINGTON FOREST. 1.01 MI TO METRO. Exc. community. 3 fin. lv colonial w/family rm, MA br & luxury ba addition. That's 4 br 3 full ba & fin. basement. New kit. w/granite, new windows & t/list keeps going. Great yard & deck. You name it, we've got it! Call Julia or Kathy 703-937-0360 RE/MAX Xcutetx Dir. Rt. 50W from Glebe Rd, Right to 171 North Columbus St., N. Arlington

ARLINGTON VILLAGE STUNNER

\$328,500
Classic Colonial all-brick 2-level townhome. 1BR/1BA with superior finishing touches! Deck, pool, tennis, fabulous grounds. Walk to movies, grocery, restaurants & shops. For details call:
Christina Wood 202-714-9822
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BELTSVILLE \$594,000 \$15,000 CLOSING HELP
Beaut. 4 yr old Col. w/4BR 2 full, 2 half BA. Kitchen w/island. 2 car gar. deck. lg yard. 301-292-4663, Re/Max www.UnlockingDreams.com

BETHESDA-Whitman/Pytle \$699,000
Renovated Cape, 4 BR, 3 BA, hdwd flrs, new kit, big lot. FSBO. Agents welcome. 6115 Temple St. (out Bradley, R on Valley, R on Temple) 301-564-0235

BOWIE \$397,000
2262 SF, 4BR, 2BA Cape. Large addition w/frpl. Custom shelving & cabinets.

HERE 240-461-2683
BOWIE \$405,000

100% FINANCING
Beautifully landscaped, 4-BR, 3 full BA, split foyer w/gar. Pond w/koi. Mint cond. Closing help. By owner. Will co-op. 16108 Alderwood La., Bowie, MD 20716. 301-249-8538
BOWIE—Only two left! Non garage loaded THs. 2904sf & 2520sf. Immed. Occupancy. Don't miss out! Regal Homes, 301-731-7800
www.regalhomes.us

Bowie \$540,000

Wrap-Around Porch!
4 BR up & 1 down, 3.5 BA Colonial, hardwd flrs, MBR w/ balcony & skylts, FR w/fpl, deck, fin Bsmnt, cul-de-sac, backs to woods, Mitchellville E.
Call Patty Tunnell 240-508-2244
Exit First Realty

Burke \$398,900

IMMACULATE TH in BURKE.
4br 2 1/2 bath-walk to lake

R. Perez 703-798-5568
CAP HILL NE \$549,900

Total renov. Gorgeous inside. Must See. 202-528-3104. Closing cost paid

1317 Montello Ave NE \$369,500
CAP HILL/NOMA NE

Lovely 3BR, 2BA TH nr Union Station, K St. Redevelopment Area. New York Ave Metro. Nice w/ plus-2-car parking, needs updating but in move in cond. 1026 4th St. N.E. Open Sun. 1-4. Call Reneau, Reneau R.E. 202-316-9580

CAP HTS/6008 Addison Rd—Detached 3BR, 2BA, \$255K. FSBO 240-461-2606

CAPITAL HTS—3BR, 2BA, 0 down, \$269K, \$1533/mo. 301-996-3989

CASCADES—FSBO \$15K. 2BR/2BA SFH. www.afpropertes.com 240-281-1108

CENTREVILLE \$689,999
Sully Station brickfront Georgian Colonial. 3BR, + poss 4th BR/den, 3½BA, fin lvr lvs, hdwds, French Country family rm w/view to prof. landscaped fenced yrd w/patio. Call Donna Raczynski Keller Williams R.E. 703-298-3557.

CENTREVILLE—FLEXIBLE TERMS-4bd 3 1/2ba, Rare Detached Gar, patio, hrd wood flrs. \$449,500. Owner will help with Closing Cost.

Call Nicole at 301-213-7246

CHARLES VILL/\$399K/Painted Lady Vich TH-5BR 3FBA w/orig. features. Hdwd flrs. FP. 3 Back decks. Prof. landsc. gardens, frnt/bck. Porchfront. 2712 N Calvert St M. Chacon, 301-793-2623. Long & Foster.

CHARLOTTE CO. VA-85 ac farm. Over 30ac fenced w/pond. Ready for horses or cattle. 2500 SF compl renov. brick farmhse. \$549,500. R.J. Toomey Real Estate www.toomeyland.com 804-353-2531

CHESAPEAKE BAY WATERFRONT RENTALS—3-BR house or 2-br waterfront condo. Wkly or bi-wkly. Call 800-992-0315

Classifieds

HOUSES FOR SALE

DUPONT/LOGAN—Entire bldg approx 1500 SF/4 parking spaces. Sidewalk entrance. \$4000 NNN. Call Reneau, Reneau R.E. 202-316-9580.

ECKINGTON
227 T ST. NE

\$549,000

Completely renovated 6BR, 4½BA, semi detached Victorian w/front porch, fin'd bsmt (can be used as in-law suite), new kitch w/granite top, SS appls, new oak cabinets, hwdw flrs throughout, & exposed brick walls. Call Aaron Hargrove at 202-438-0701 for more details. Realty Executives 2000

FAIRFAX/FAIR LAKES **\$565,000**
MODEL PERFECT!
Gorgeous, super clean 3BR, 2.55BA luxury TH, updated throughout, new kitchen, new AC/furnace, new appls, gas flpic, deck, patio, 2-car gar & more. A must see home! MLS# FX6047747. Re/Max 100. Call Randa, 703-658-4721 or 703-861-4980.

FALLS CHURCH **\$634,500**
BEST PRICE/GREAT CONDITION!
4BR/2BA move-in w/many upgrades. Mins to Metro. Call Kit Britton, Re/Max Allegiance, 703-585-7227.

FALLS CHURCH (EFC) **\$920000**
WALK TO METRO
Spacious Exec Townhome with 9-10' ceilings, beaut. kitchen, 3 BR, 3-1/2 BA, Fam Rm, Laundry Rm, garage & super storage. About 3000 sf of quality & value. 104 Gresham Place. Take Rt.66, Exit#69 to N.Wash. Moving! Next week it goes to realtor. **www.fsbo-home.biz/3342** 703-237-4325

FORECLOSURES!— ARLINGTON, FAIRFAX, LOUDOUN & PRINCE WILLIAM COUNTIES WE FINANCE!Equal Opportunity Lender Rick FFX Realty 703-385-RICK (7425)

FORESTVILLE—\$270K, 2BR, 1BA, \$1700/mo. 0 Down. **CAPITAL HTS**—3BR, 2BA, 0 down, \$269K, \$1700/mo. 301-996-3989
FT WASHINGTON—\$615K, 4BR, 2BA 0 Down, \$3887/mo. 301-996-3989

Forestvl/7106 Gateway Blvd **\$299,900**
\$500 moves you in! Perfect for 1st time buyer. 3BR/1BA brick rambler. New kit/bath fam rm w/ flpic, unfi attic & brick patio. Call Sylvia 202-549-7459

Fort Washington **OPEN SUN 1-5** **\$329,900**
3BR 3BR, 1BA, hwdw flrs. \$5,000 closing help with special program 2810 Lumar Dr Fairfax Realty **301-237-7427**
FREE DAILY LIST OF HOMES IN DC, MD, & VA— for Sale w/Prices, Addressses & Descriptions. Visit **www.move4freerealty.com**. Sarah Santa Ana, 202-369-1460. **FAIRFAX REALTY**

FT WASH—3-lvl TH, 3-BR 1½-BA, CAC, end unit, fin. bsmt. Shows well. Edward Cunningham, Exit Premier Realty, 301-669-0063 or 301-560-6700

FT WASHINGTON—\$615K, 4BR, 2BA 0 Down, \$3500/mo. 301-996-3989

GAINESVILLE **\$355,000**
LIKE BRAND NEW!!
3BR/3BA Townhouse in wonderful community. Only 3 years old. Shows like new construction. **David 571-263-9550**

Gaithersburg—For sale, owner financing. Consider any credit accepted. Opt to rent. 407-466-4718

GARRETT CO/FRIENDSVILLE, MD—12 room house, on Youghiogheny River. 4 car gar., attic, full bsmt. \$155,000. Call 301-746-5974

GERMANTOWN **\$649,900**
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LOOK out

*TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

Cars

Collectors are buying real estate to protect their prized autos

David deMartino just bought a 760-square-foot, one-bathroom condo for \$212,900 in the booming market of Fort Lauderdale, Fla. He's already ordered custom flooring and cabinets and a flat-screen TV, but he has no plans to move there.

That's because the condo is for his collection of cars and motorcycles.

"It's just peace of mind for my collection," said deMartino, 47, who plans to store a 1930 Ford Model A coupe, a 1961 Corvette convertible, a 1970 Mercedes-Benz 280SL and three special edition motorcycles in his condo.

Three car condo developments are scheduled to open in south Florida by the end of 2007, and developers say they've already sold between 20 and 30 percent of the condos available.

Park Place Car Condo is opening a 224-garage facility in North Miami and a 179-garage facility in Fort Lauderdale and plans to open locations in New York, Las Vegas, Orlando, Fla., and Scottsdale, Ariz., in the next few years. Developer Kevin Buckley said Park Place condos start at \$150,000 for a 620-square-foot condo for three cars and go up to \$400,000 for an

1,800-square-foot condo that can house a bus.

Buckley said so far, typical buyers have been men in their late 40s to early 60s who have earned enough to buy the muscle cars that enchanted them in high school. Others plan to use their condos for boats and Jet Skis, he said.

"It's part car culture and then a lot of people who are just interested in safe, secure storage," he said.

Another car condo development, DreamCar Carriage House, plans to open a 120-car facility in the Fort Lauderdale area next spring and is scouting for more Florida locations in Naples, Miami and Palm Beach, said Dayna Heit, a car collector who is developing the facility along with her husband. Prices range from \$59,000 for a 300-square-foot condo to more than \$200,000 for a 972-square-foot condo. Heit says an antique Rolls Royce and a 1955 Chevrolet Bel Air are among the future tenants.

Buckley and Heit say Florida was a logical place to start their businesses because of the number of nearby high-rise housing developments with ocean views but little storage space.

"In most of the new urban high-rises, the average guy has 100 cubic feet in a little cage somewhere," said Buckley, who has previously developed high-end retail complexes. "You've had this massive redevelopment in affluent urban areas in the last five to 10 years, but the storage market really hasn't kept up with that."

INSIDE

What's that smell? Oh, summer | 31



Blog Bits: Dispatches from Cannes fest | 32

'Veronica' Rules: The sexiest vegetarian | 34



RIDING HIGH: David deMartino shows off some of his cars and motorcycles, which will live in their very own condominium.

Prestige Parking

Heit said buyers also consider car condos an investment.

"It's a piece of real estate as well as a place to put your car," Heit said.

Both Park Place and the DreamCar Carriage House will offer concierges to take care of details such as picking up and dropping off owners, tuning up the cars before a drive or washing and waxing. The

Carriage House will have an onsite photography studio where owners can commission portraits of their cars. Park Place offers infrared cameras that will allow owners to view their cars 24 hours a day, and it will send a message to an owner's cell phone if security is breached.

Other options offered to Park Place buyers are custom rubber

flooring and hydraulic lifts so they can store more cars.

"We felt like people would want to be able to put everything they wanted in there and be able to control the entire thing once they closed the door," Buckley said. "We didn't want to be in the business of running a warehouse full of cars."

DeMartino said he's more willing to invest in extras because he'll own the condo. He'd also consider buying a car condo in another city so he can use his cars and motorcycles when he travels.

For now, deMartino is just happy that his days of running back and forth between his hot garage, where he works on his cars, to his air-conditioned home to watch NASCAR races will be coming to an end.

"I spend a lot of my time in the garage polishing them," he said. "To me, they're artwork."

DEE-ANN DURBIN (AP)



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The New Moonshine

Money

What once made alcohol now makes a gasoline additive

The still — standard equipment of any moonshiner — has a shot at becoming the must-have accessory of penny-pinching motorists.

An upstart Tennessee business is marketing stills that can be set up as private distilleries making ethanol — 190 proof grain alcohol — out of fermented starchy crops such as corn, apples or sugar cane. The company claims the still's output can reduce fuel costs by nearly a third from the pump price of gasoline.

Buyers of stills need a federal permit to make ethanol on private property. In what amounts to an honor system, they are to add a poison to their homemade alcohol so it isn't white lightning.

"We make it very clear that it is against the law to drink what comes

"It really isn't rocket science ... his still is much more automated and much more precise. That is half the expense."

JOHN FRANKLIN
STILL BUYER

out of it," said Shelley McClanahan, a spokeswoman for her family's business, Dogwood Energy.

Phones are ringing with orders at the business that mostly sold pellets for wood stoves before pump prices bounced high by Hurricane Katrina focused new attention on a modified still designed by McClanahan's father, inventor-mechanic Bill Sasher. His new creekside assembly warehouse in south-central Tennessee has orders for about 45 assembled stills.

"You can save a lot of money. That's what this is all about," McClanahan said.



Inventor Bill Sasher stands next to his still, which produces ethanol, used for fuel.

A bushel of the fermented starch crop, mixed with yeast, water and sugar, and allowed to sit for about 2.5 days, then strained and heated to boiling, makes about 2.6 gallons of ethanol, which is then

added to gasoline to produce a blended fuel.

Dogwood Energy says it costs about 75 cents per gallon to make ethanol at home. Adding 15 percent ethanol to \$3 gasoline reduces the

cost of a fill-up to \$2.40 per gallon, McClanahan said. A blend with 85 percent ethanol cuts the cost to \$1.09 for a blended gallon.

Sasher's stills, which stand about 6 feet tall and easily fit in an airy garage corner, sell for about \$1,400. Blueprints sell for about \$45.

Using ethanol to power cars isn't new. The Model T Ford was originally built to run on alcohol.

Sasher said any modern-day car can run on a mixture of 15 percent ethanol and 85 percent gasoline. Most vehicle engines can use blends of up to 25 percent ethanol. More than 30 models of new flex-fuel cars, trucks and sport utility vehicles — including General Motors' Yukon and Ford's Taurus — can use up to 85 percent ethanol, known as E85 fuel.

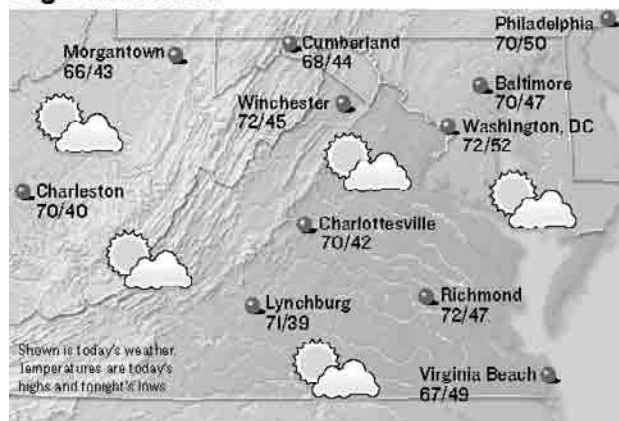
The Dogwood Energy still is one that Sasher, 57, developed by modifying designs that date to the 1970s gas shortages. Its great advantage is cooking the mash at just the right temperature, 170 degrees, according to John Franklin of Evansville, Ind., who has ordered one.

"It really isn't rocket science," Franklin said. "He makes it to where it is much more automated. He does that with that mechanical temperature control valve. That is half the expense of the still. His still is much more automated and much more precise." BILL POOVEY (AP)

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
72°	52°	77° / 59°	82° / 66°	84° / 64°	82° / 64°

Regional Weather



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Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	68°
Low	49°
Normal high	77°
Normal low	58°
Average humidity	44%

Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	2.10"
Normal month to date	2.71"
Year to date	10.96"
Last year to date	17.87"
Normal year to date	14.92"

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Regional Forecast

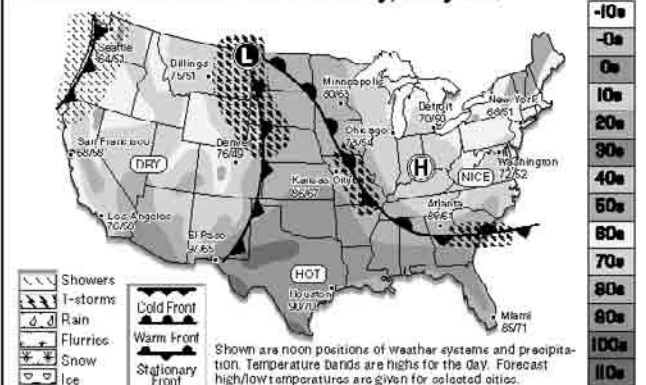
D.C. Metro: Today, mostly sunny, breezy. High 72. Winds northwest 8-16 mph. Tonight, mostly clear. Low 52. Winds northwest 4-8 mph.

Sun and Moon

Sunrise today	5:50 a.m.
Sunset tonight	8:21 p.m.
Moonrise today	3:28 a.m.
Moonset today	4:36 p.m.



National Weather for Tuesday, May 23



National Cities

City	Today	Wed.
Atlanta	85/61/t	85/65/t
Boston	65/49/pc	68/50/s
Chicago	73/54/s	78/63/t
Dallas	95/72/pc	94/70/pc
Denver	76/49/pc	79/52/s
Honolulu	83/70/s	85/70/s
Los Angeles	76/58/s	80/60/s
Miami	85/71/t	85/73/pc
New York City	68/51/pc	72/55/s
Orlando	92/68/pc	92/70/pc
Seattle	64/51/sh	63/49/sh

World Cities

City	Today	Wed.
Amsterdam	58/46/pc	57/48/sh
Athens	86/66/s	88/66/s
Berlin	64/42/pc	64/46/pc
Buenos Aires	57/51/s	56/54/pc
Calgary	70/40/pc	68/39/pc
Dublin	54/43/pc	54/41/t
Geneva	64/38/pc	66/42/pc
Moscow	72/52/pc	64/52/pc
Rome	80/62/pc	77/57/c
Sydney	63/54/pc	63/52/pc
Tokyo	72/63/t	77/55/sh

s=sunny, pc=partly cloudy, c=cloudy, sh=showers, t=thunderstorms, r=rain, sf=snow flurries, sr=snow, h=ice

Styles | LOOK^{*}out



The **URBAN DECAY FLAVORED BODY BALM** in Pina Colada has a slight shimmer and leaves skin smelling like a day at the (grown-up) beach. (\$25, URBANDECAY.COM)

Smells Like Summer

*** June is on the horizon.** Maybe that doesn't mean your days will be spent like those of your childhood, when a sprinkler and a sprint for the ice-cream truck made for a full day's worth of amusement. But you can recapture your youth and look good doing it with these evocative products. They say that smell is the sense most closely tied to memory. If that's true, you'll be time-traveling back to the days of Marco Polo and sleep-away camp in no time. KRISTEN PAGE-KIRBY (EXPRESS)



If you were blond as a child, you probably remember chlorine turning your hair green. The **DARPHIN CREAM MASK** won't save you from emerald locks, but will deep-condition damaged hair. It smells like sunscreen and Love's Baby Soft — just like those cool older girls at the pool. (\$50, DARPHIN.COM)



Give your lips a summer kiss with The Balm's **PLUMP YOUR PUCKER** gloss in Cocoa my Coconut. The neutral pink shade works on just about anyone, and your lips will taste like coconut cream. It's not sticky, so you don't have to worry about dead gnats clinging to your lips. (\$8.40, GLOW.COM)



Thinking tropical? **THE PINEAPPLE FACIAL POLISH** from Benefit smells just like the eponymous fruit, and uses extract of pineapple and jojoba beads to gently exfoliate. Pineapple enzymes are said to fight skin damage, in case you skipped the sunscreen. (\$24, BENEFITCOSMETICS.COM)



The so-close-it's-creepy folks at Demeter came up with the **ORANGE CREAM POP** scent, and it smells just like a Creamsicle: sweet and citrusy and creamy, all rolled into one. The best part: You get all of the scent and none of the sticky — plus, you don't have to dash inside to get money, then back out to catch the ice-cream man. (\$19 FOR 1 OZ., DEMETERFRAGRANCE.COM)

Fragrance



All Grown Up. Kind of

Oh, Britney. We still kind of love you, you know? Even with all the baby-dropping. We sometimes have problems with your fragrances, as we don't like smelling like cupcakes — the too-sweet scents of your last two really alienated us. But this new one, **IN CONTROL** (\$53), is much better. Perhaps you're trying to age with your fans, as you've gone from teenybopper-sweet to a little more adult, smell-wise. It's much darker than your previous ones, though still a bit too strong. We like the spicy-sandalwood thing that's going on, and the touch of vanilla keeps it from being too grown-up. And we love the bottle. It's very '40s-meets-future, what with the atomizer and the sleek body. Not bad, Brit-Brit. K.P.K.

Hair

Looks Kind of Weird, Works Really Well

Attempting to get a salon-style blow-out at home usually leaves this tester with tired arms and half a wet head before giving up completely. Now those who lack coordination and upper-body strength can celebrate:



The **CONAIR INFINITI HAIR DESIGNER** (\$65) has arrived. The dryer has a torturous-looking thing on the barrel, which takes the place of a hairbrush. It combs, straightens and de-frizzes, while the dryer goes to work on the wet. The result? Hair that still had volume, and that stayed straight and fluffy for three days. The dryer also comes with a diffuser if you're feeling curly (although the Infiniti is not terribly powerful, and only has two heat settings), but straightening was easy had us blown away. K.P.K.

LOOK^{out} Online



from readexpress.com

Cruz-ing Through Cannes

CANNES DO | Express' **ARION BERGER** has been in the south of France since last week sending in dispatches from the **CANNES FILM FESTIVAL**, noting the films, the scene and the celebrity sightings (**PENELOPE CRUZ** looks like **SOPHIA LOREN** "and less like a llama than usual.") She screened an Egyptian documentary "**LES FILLES-LA**," which opens with the "most startling image of the festival so far — that of a young girl riding a horse down a Cairo street, weaving in and out of traffic and menacing the men who line the street playing dominoes and drinking coffee." The eye-opening film is about "homeless girls who spend their time drinking, abusing drugs, begging, dancing, fighting

and having babies and protecting each other like baby tigresses," she says. Overall, Berger reports, "It's astonishing and, while not sad or depressing, exactly, inspires whatever the opposite of hope is."

Perhaps "Les Filles-la" will make it stateside later in the year. For more dispatches from Cannes, be sure to check out **READEXPRESS.COM**.

UNDERSTANDING VIRGINIA | If you're one to indulge in the epic battles between denizens of the District and Virginia, here's another artillery barrage: **DCURBANFAMILY.BLOGS.POT.COM** has generated a list of tips for District residents visiting the Old Dominion. They include:

"1. Every Virginia street inside



Penelope Cruz looked glam at Cannes.

the Beltway seems to be called **GLEBE ROAD**. Every street outside the Beltway is called Telegraph Road."

"2. Arlington residents have this strange concept of **NEAR-LINGTON** and **FAR-LINGTON**, somehow designating the different parts of **ARLINGTON COUNTY**'s proximity to the District, when in reality, this entire place is worlds away."

Does D.C. Urban Family know

there are places called Fairlington and Arlandria in the general vicinity where Arlington, Alexandria and Fairfax County meet? The mind boggles. **MICHAEL GRASS (EXPRESS)**

EYE STRAIN | Advertising in Metro tunnels is a hit with the cash-strapped transit agency (they're expected to make Metro \$100,000 this year and \$700,000 next year), but not so much with commenter **PRINCESS SPARKLE PONY**, who writes, "I saw my first Metro tunnel ad this weekend... it was flickery, impossible to read and almost instantly induced a migraine. Have you seen one yet? It was strobolicious." Let us know what you think about the Metro ads in comments or at **COMMENTS@READEXPRESS.COM**.

→ Coming up today

Capitol Heights was once a Metrorail stop near a blighted neighborhood. Now, condos and townhouses are replacing the drugs and violence.

? Poll Center

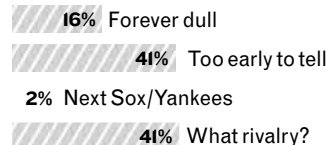
TODAY'S QUESTION

What will be the impact of Iraq's new government?

1. Violence will decrease
2. Insurgency will grow
3. Little will change
4. New government won't last

YESTERDAY'S RESULTS

What will become of the Nationals/Orioles rivalry?



As of 6 p.m. Tuesday. Not a scientific poll.

WEIGH IN ON TODAY'S POLL QUESTION AT **READEXPRESS.COM/POLLCENTER.PHP**



"People always make jokes about missing teeth, but it's true ... The New River can smell fear. It sucked me into a rapid."

MAPPYB.BLOGS.COM VISITED WEST VIRGINIA OVER THE WEEKEND AND COMES UP WITH A LIST ABOUT THE MOUNTAIN STATE, SAYING IT IS "ABSOLUTELY BEAUTIFUL."

Stolen Identities

"The [Department of Veterans Affairs] needs to pay for every veteran to have unlimited lifetime 'credit/fraud insurance,' because those [Social Security numbers] are prime territory for sale to the credit-scam artists."

USDEMNET.COM IS OUTRAGED BY THE NEWS THAT THE PERSONAL DATA OF 26 MILLION AMERICAN VETERANS WERE STOLEN FROM A DEPARTMENT OF VETERAN AFFAIRS EMPLOYEE.

No Eternal Pasture

"For some reason this horse has no such luck, they won't let him die."

THEANTITZEMACH.BLOGSPOT.COM SAYS THAT BARBARO, THE ONE-TIME TRIPLE CROWN HOPEFUL WHO BROKE HIS LEG THIS WEEKEND, SHOULD BE PUT TO SLEEP AND GO TO "HORSE HEAVEN."



Can It Get Worse?

"I don't think the D.C. libraries have hit the absolute bottom. It can get worse. This new director sounds like she'll fit in well here. ..."

A COMMENTER ON MARC FISHER'S BLOG, **BLOG.WASHINGTONPOST.COM/RAWFISHER**, ON GINNIE COOPER OF THE BROOKLYN PUBLIC LIBRARY BEING NAMED AS THE NEW D.C. LIBRARY CHIEF. COOPER HAS BEEN CRITICIZED FOR MISUSING FUNDS.

Nagin's New New Orleans

"Well, he's got another chance to lead the city of New Orleans toward its new identity. What the new face of New Orleans will be, remains to be seen. One thing is certain, it's going to be smaller. Most of the city's population hasn't even come back, and many never will."

HIGH-AND-MIGHTY.BLOGSPOT.COM ON RAY NAGIN BEING RE-ELECTED AS THE CRESCENT CITY'S MAYOR OVER THE WEEKEND.

Live Online

Michael Wilbon

Post Sports columnist **MICHAEL WILBON** was online Monday and talked about Barbaro, lacrosse, LeBron James and more. | **washingtonpost.com/liveonline**

Are you a college lacrosse fan? Do you ever watch any of the games, now that the NCAA tournament is televised?

I know that Northwestern's women's lacrosse team, the defending Division I champ, has reached the Final Four after whipping North Carolina's behind the other day, and now we (that would be Northwestern) get Duke in the national semifinal. I believe it's up in Boston on Friday. I'd love to be there in my purple. And the Northwestern women have presented me with my own official lacrosse stick. So there!

The decision to save the horse: business, emotional, both?

For whom? The owners? I don't know what point of view your asking for. Often, I make disparaging jokes about horses but you certainly won't read any here today or anytime soon. That's a very, very depressing thing that happened at the Preakness and Andrew Beyer's column yesterday on how people

turn away from horse racing for a while when they see something like this makes me wonder what the reaction will be.

LeBron's talent is undeniable, but is he developing a reputation for being a bit of whiner in the league? I'm not sure I've ever seen somebody so demonstrably object to nearly every call against him.

Yeah, I'm tired of the constant whining. Bad thing is, everybody is scared to say anything to the kid, lest he might cut somebody off, from his coach to all the sponsors sucking up to him. Michael Jordan, thankfully, had Dean Smith and then Phil Jackson. Who says to LeBron, "Hey kid, you look like a fool when you complain about every call. Just play. You're the greatest thing since the satellite dish, so just play and cut the facial expressions."

→ Today on Live Online

11 A.M.: Washington Post staff writer Jon Gallo takes questions on the WNBA season and the Washington Mystics.

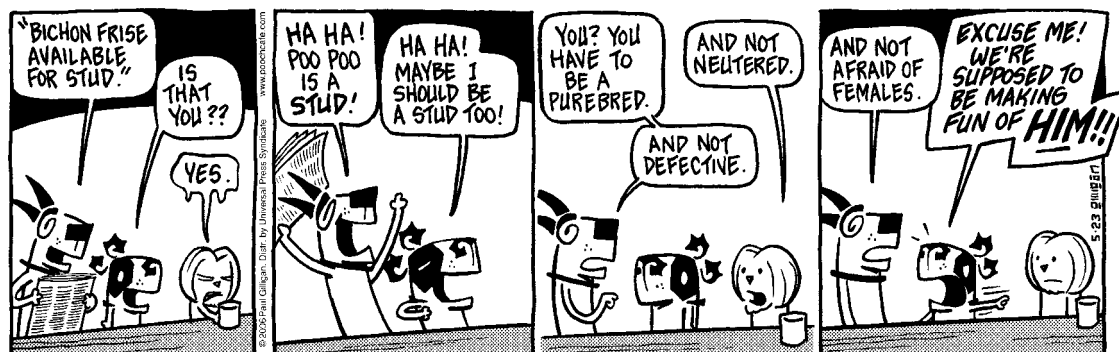
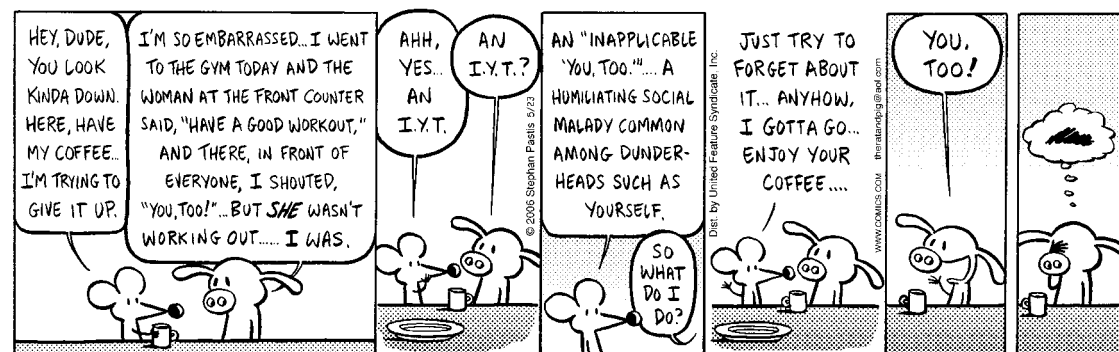


LOSE WEIGHT FOR YOUR SIGNIFICANT OTHER. True love may be blind, but it still notices when one's better half gets fat. The current sympathy-for-the-obese zeitgeist might not approve, but **Myfatspouse.com** has resources for those whose hubby/wife, once off the market, lets his- or herself go.

Bizarro | Dan Piraro

Cornered | Mike Baldwin


"I killed him in self-defense. I'm not good at accepting criticism."

Pooch Cafe | Paul Gilligan

Pearls Before Swine | Stephan Pastis

The Duplex | Glenn McCoy


Horoscope

By Stella Wilder

GEMINI (May 21-June 20) Any attempt to be showy or flashy will backfire, putting you hours, days or even weeks behind. Keep it simple.

CANCER (June 21-July 22) Avoid using force of any kind. Cleverness and a willingness to take more time than you had planned will pay off handsomely.

LEO (July 23-Aug. 22) For some reason, you've found it necessary to be more secretive and solitary. Now, however, you'll enjoy new freedom and a desire to socialize.

VIRGO (Aug. 23-Sept. 22) Someone from your past will make things more difficult for you — but if you are open and honest, you can avoid any lasting trouble.

LIBRA (Sept. 23-Oct. 22) That which begins as something frivolous will become important and all-consuming before the day is out.

SCORPIO (Oct. 23-Nov. 21) You may be feeling run-down, and you are not as

motivated as you have been. Lie low; avoid major decisions.

SAGITTARIUS (Nov. 22-Dec. 21) You may be juggling more than one major project. Stick to your schedule; know that you can improvise when the need arises.

CAPRICORN (Dec. 22-Jan. 19) Distractions abound, but you can stay on track simply by focusing on the good you are doing for yourself and those around you.

AQUARIUS (Jan. 20-Feb. 18) Domestic bliss may seem elusive. The mistake you are making may be to place your happiness too much in another's hands.

PISCES (Feb. 19-March 20) You'll have a chance to prove that you can do something that others may think is beyond you. More surprises are in store, too.

ARIES (March 21-April 19) You're entering a familiar personal cycle, and you know just what to do to maximize gains and minimize risks. Don't hesitate.

TAURUS (April 20-May 20) You're not likely to win any popularity contests, but if you remain true to your own ideals, you'll have reason to be proud of yourself.

Letters

Divorce Is Not Funny

I WAS UPSET to see the headline on the May 18 People page item about the breakup of the marriage of Sir Paul McCartney and his wife, Heather Mills McCartney ("Media Says: Mwa Ha Ha"). The breakup of any marriage is a very sad situation. To give the impression that you are sniggering at the McCartneys was in bad taste.

—CHRISTOPHER T. GEORGE
Baltimore, Md.

Where Was My Sudoku?

I LOOK FORWARD to Friday's Express because I know there is a fun Samurai Sudoku tucked neatly inside the Weekend LookOut section.

As I frantically flipped through last Friday's edition, however, it was nowhere to be found. It was just an oversight, right?

—HEATHER PIEGZA
Washington, D.C.

Editor's note: We received many e-mails and calls about Samurai Sudoku's disappearance last week. Fear not — the puzzle will return to its usual spot this Friday.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Today in History

1533 The marriage of England's King Henry VIII to Catherine of Aragon was declared null and void.

1701 Captain William Kidd was hanged in London after he was convicted of piracy and murder.

1934 Bank robbers Bonnie Parker and Clyde Barrow

were shot to death in a police ambush in Bienville Parish, La.

1945 Nazi official Heinrich Himmler committed suicide while imprisoned in Luneburg, Germany.

1977 The U.S. Supreme Court refused to hear the appeals of former Nixon White House aides H.R. Haldeman and John Ehrlichman and former Attorney General John N. Mitchell in connection with their Watergate convictions.



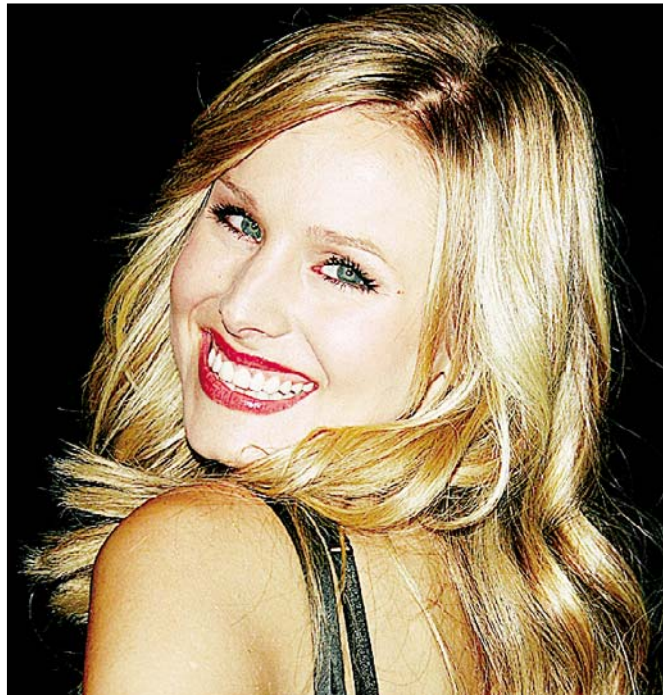
Dog and Beth went on with the show.

SAD In Wake of Daughter's Death, 'Dog' Star Weds

DUANE "DOG" CHAPMAN, star of "Dog the Bounty Hunter," has married his longtime sidekick, Beth Smith. The ceremony took place Saturday in Hawaii, a day after the death of Chapman's daughter. Barbara Katy Chapman, 23, was killed in a car accident near her home of Fairbanks, Alaska. (AP)

IRISH ROCKERS Bono Crashes Party, Demands His Own Prize

BOB GELDOF has been honored with a humanitarian award by the Holocaust Museum Houston for his work organizing 1985's Live Aid concert. Geldof received the 2006 Lyndon Baines Johnson Moral Courage Award on Sunday night. He told the audience that he was humbled by the award. "I can honestly say I feel fraudulent standing here" among survivors of the Holocaust, the 51-year-old Irish rocker said. (AP)



EVAN AGOSTINI/GETTY IMAGES

WATCH 'VERONICA MARS'

Talented Beauty Is Kind to Animals

"Veronica Mars" star **KRISTEN BELL**, 25, has been voted the "world's sexiest vegetarian" in PETA's annual poll. She shares the honor with Prince. Natalie Portman was a runner-up. (AP)

PARTY WHORES Ibsen Rivals Paris Hilton For Vast Birthday Demands

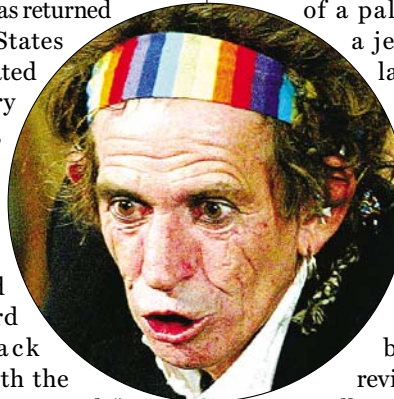
To celebrate the 100th anniversary of **HENRIK IBSEN**'s death on Tuesday, the work of the Norwegian dramatist is being performed by rap artists, ballet dancers, Chinese opera singers and robots. There are 8,000 events

worldwide marking what Norway has declared "The Year of Ibsen," in honor of one of the most influential playwrights of modern theater who died at age 78 on May 23, 1906. (AP)



ALREADY GONE What Could a Mere Coconut Have Done to This Noggin?

KEITH RICHARDS has returned to the United States after being treated for a head injury in New Zealand, his publicist said Monday. "He is feeling great, happy to be home and looking forward to getting back on the road with the Rolling Stones next month," according to a statement from LD Communications in London. The



62-year-old guitarist was injured April 27 in Fiji. News reports have variously claimed that he fell out of a palm tree or from a jet ski. Richards later had surgery in Auckland to relieve pressure in his head, while his publicist battled reports that the aging rocker had suffered brain damage. A revised tour schedule will soon be announced, according to a statement on the Stones' Web site. (AP)

A METAPHOR Julia Auditions for School Play, Is Told To Run the Light Board

JULIA ROBERTS may not have received a Tony nomination for her Broadway debut in "Three Days of Rain," but the actress will be on stage at the 60th annual Tony Awards when they are presented June 11 at Radio City Music Hall. Roberts will be among the starry presenters during the three-hour show, which will be televised by CBS. Also announced Monday as presenting awards for the best of the 2005-06 Broadway season: Ralph Fiennes, Eric McCormack, Cynthia Nixon, Martin Short, Alfre Woodard and Anna Paquin. No host has been announced yet. The Antoinette Perry Tony Awards, founded in 1947 by the American Theatre Wing, are presented by the Wing and the League of American Theatres and Producers. (AP)

She can hold the Tony, but she can't take it home with her.



FRANK FRANKLIN II/AP

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LOOK out

Take A Tip From Me

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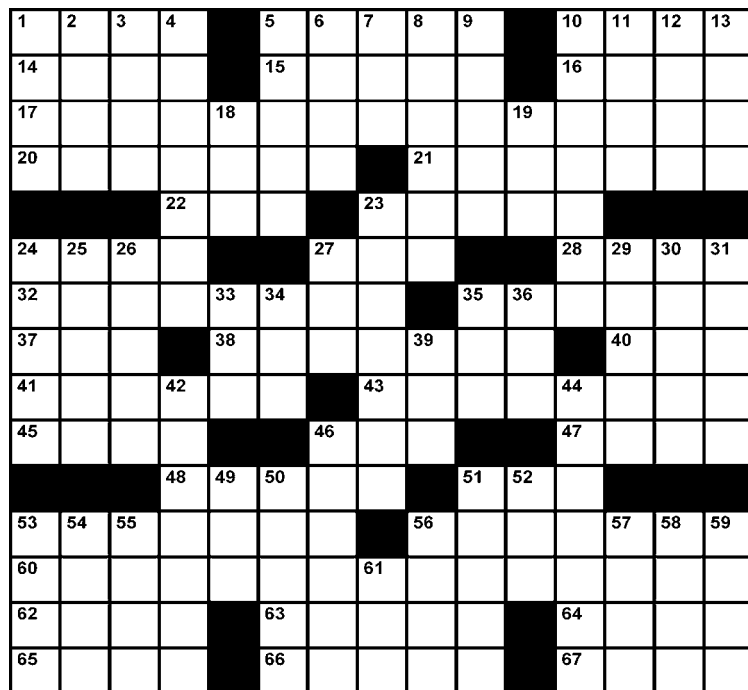
- 1 Taj Mahal city
5 Inched along
10 Marquis's inferior
14 Stick in one's ____ (cause resentment)
15 He met Sally
16 Bargain type
17 Provide tips
20 Unsightly sight
21 Draws a blank
22 Have as a subsidiary
23 Arabic coin
24 Styptic substance
27 Brunch fish, perhaps
28 Linen vestments with sleeves
32 Provide tips (with 43-Across)
35 "Chili today, hot ____"
37 Tad's dad
38 Take exception to
40 One place to find pop
41 Fanatically committed one
43 See 32-Across
45 Alternatively
46 Word of possibility
47 Conversation filler
48 Play badly?
51 Foramen
53 As a preferred

alternative

- 56 Not the least bit
60 Provide tips
62 Out-of-favor apple treatment
63 "For Better or For Worse" pooch
64 Tempting location?
65 Make mention
66 Antitheses of midnights
67 Carmine and scarlet, e.g.

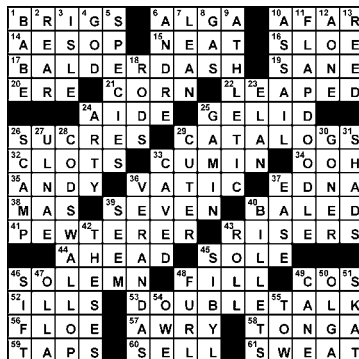
DOWN

- 1 Summit
2 English elegist
3 Gathering tool
4 Causing wonder
5 Make butter
6 It may be felt on the road
7 Joule fraction
8 Anti or semi, e.g.
9 Youngest heavyweight champion
10 Witticism
11 Natural balm
12 Flat rate?
13 Aberdeen miss
18 Farm creature
19 La-la lead-in
23 Fully learned
24 Staring intently
25 Media lawyer's concern
26 The eyes have



- them
27 Souvenir from one U.S. state
29 Adds liquor to
30 Be loud, as a radio
31 Common ending
33 In the past
34 Good type of wallet to have
35 Mai ____
36 Novelist Rand
39 Kind of sauce
42 Stern talking to, sometimes
44 Upset, in a way
46 Got by with limited resources
49 Chick's elder
50 Gone from the plate
51 Growls
52 Moreover
53 Infamous czar
54 ____ contendere
55 Blind element
56 Qom locale
57 Far partner
58 Had a hole in one, e.g.
59 Urges
61 Alter ____

Yesterday's Solution

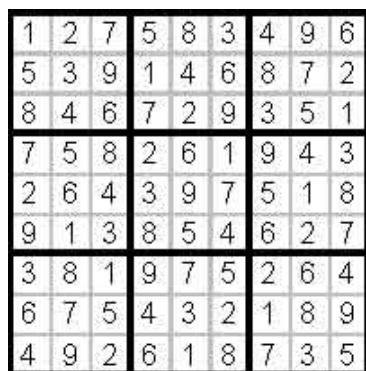


Su|do|ku

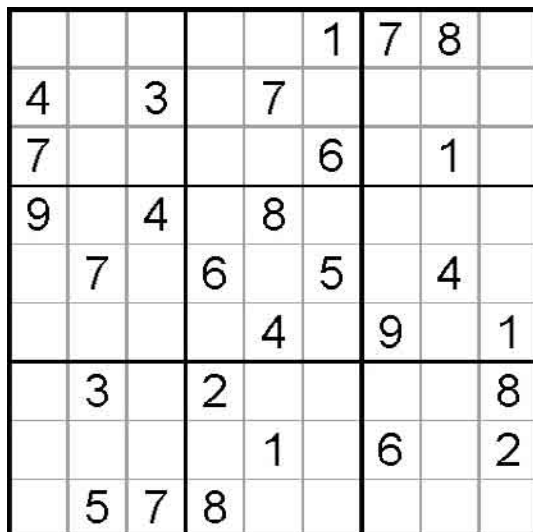
Degree of Difficulty: MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. For solution, tips and computer program, see www.sudoku.com

Yesterday's Solution



Need more Su|do|ku?
Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section every Monday through Saturday.



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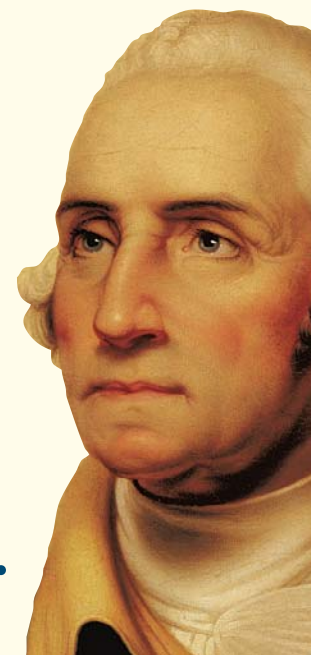
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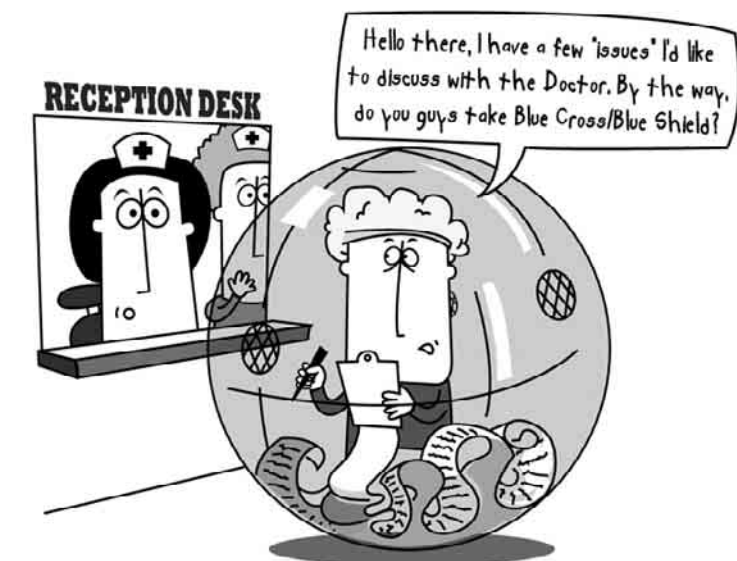


The Therapist Hunt; The Stubborn Sister

Q In a recent column you mentioned cognitive-behavioral therapy. What is the best way to find therapists who use this method, and better yet, who also accept Blue Cross/Blue Shield? —D.C. AREA

Unfortunately this is usually a two-step process; even if insurance companies did list the specific types of psychotherapy their covered practitioners offer, sometimes their information can be about as accurate as your average British tabloid.

First, obtain from your provider a listing of mental health practitioners or agencies that would be covered by your plan and who fit your parameters in terms of gender, location and credentials (a Ph.D. or Psy.D. is ideal; an MSW or LCSW may also be CBT-trained). Once you've narrowed it down — and hopefully there's at least one person! — you can simply call the



ERIC REECE

therapist and ask what his or her "theoretical orientation" is. Many will say they are "eclectic" or "integrationist," which means they incorporate some cognitive-behavioral techniques in addition to other styles.

But if you're really after someone who does pure CBT — which is most appropriate for issues like phobias, behavioral compulsions or panic attacks — you'll want someone who identifies with that approach first and foremost.

Q My sister would benefit from some professional help. She, however, says she's fine and that it's the rest of us who have trouble understanding. She used to badmouth my brother and me to each other with some success, but he and I are now much better friends and have started comparing her stories. What this has done is put into stark relief the tales she's telling and how widely they vary from day to day. How can I convince her to seek help, and maintain a relationship without being sucked into the craziness? —CLEVELAND PARK

Handling a loved one who needs help but refuses to get it is one of the most common but frustrating mental health dilemmas faced by healthy people, second only to how to avoid reading articles about Tom Cruise and Katie Holmes.

The first step is knowing the limits of what you can do. That means continuing to suggest professional help in a gentle, loving way, but managing not to lie awake at night worrying about it, feeling guilty or taking it personally when she rejects your suggestions

for the 9,492nd time. You also must set some limits. If she hangs up on you, don't pick up when she frantically calls back. If she lies to you about someone else, tell her firmly that the conversation is over. If she

If she hangs up on you, don't pick up when she frantically calls back.

says something blatantly manipulative, repeat that you love her but you can't fully help her unless she takes steps to help herself.

Polishing the lines of communication with your brother was a great move, not just to compare notes about truth versus tall tale ("So she didn't really join the bull-riding circuit?") but to enable the two of you to emotionally support each other.

Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D. at baggage@readexpress.com. This column is not a substitute for one-on-one care.



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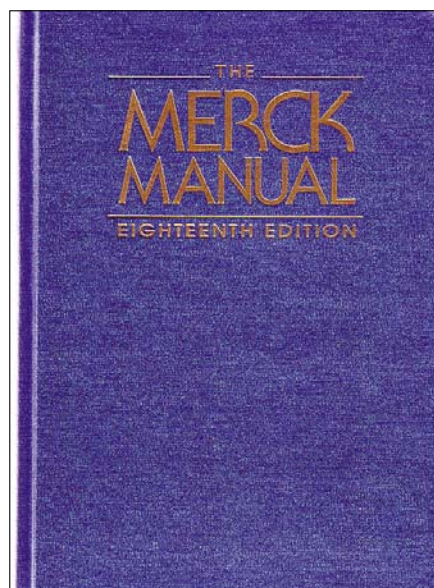
A publication of The Washington Post



↑ Pickles Without Pesticides

A PLUMP KOSHER PICKLE may be high in sodium, but as savory snacks go, you can't do much better than 10 calories. After all, they're just cucumbers, vinegar and spices. Del Monte's latest pickle iterations are USDA-certified organic, which means a government employee inspected the farm and gave it his or her stamp of approval. The new bread and butter chips, dill slices, kosher wholes, kosher babies and kosher spears taste and look exactly like non-organic Del Monte pickles, which is to say, very good but not gourmet. Serve with organic ice cream to your favorite pregnant woman.

NEW
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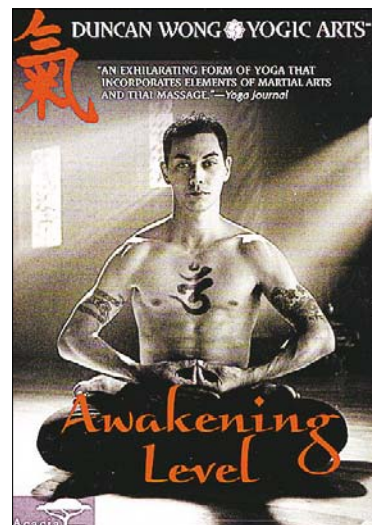
← Don't Get Ill Without It

THE 18TH EDITION of "The Merck Manual" (\$55, merckbooks.com) is just shy of 3,000 tissue-thin pages and as handy as ever for the swift finding of diseases both obscure and mundane. With its jargon-packed entries, this encyclopedia's not 100 percent lay-friendly, but you can get the gist of fascinating conditions such as anosmia (complete loss of smell) and learn the backstory behind an HMO doc's quickie diagnosis. And you might finally understand what's going on during "House."

→ The Great Awakenings

DUNCAN WONG'S SECRET for flying through his flow-yoga based routine faster than just about any other DVD instructor is that he doesn't stop to talk: All of the directions and explanation are done in voice over. So when your hips are thrust toward the sky and you're resting on the crown of your head and he doesn't stop to explain his next asana, it can be tricky to keep up during the two half-hour workouts on "Awakening Level" (\$15). But

by your second try of this quick-paced, martial arts-influenced practice that's challenging without being impossible, Madonna and Sting's favorite yoga teacher will probably be yours, too.



→ Fitness Voices in Your Head

The Adeo (\$150, motionlingo.com) is a clever little gizmo that is thankfully not named iFit or iRun or another iName. And what a temptation that must have been, as the GPS gadget jacks into an iPod (or any other MP3 player) to track distance, pace, calories, elevation and other workout details. At whatever interval you set, a gently robotic female voice announces your progress, above whatever music's playing. The PC software (which lets you upload and gloat over your workouts) was a little finicky, but the device handily charges off a computer's USB port, sparing the buyer a clunky, proprietary charger.

PRODUCTS

GuineaPig



Ignore Your Lawnmower

LAWNMOWERS ARE LOUD — the average power model clocks in at around 90 decibels (same as a hairdryer), according to the CDC. Unless you mow the lawn for more than eight hours a day, that's not going to give you permanent hearing loss, but it's no picnic for your eardrums, either. Even worse: Jacking up the volume on an MP3 player to hear over the lawnmower.

John Deere's Noise Canceling Headset (\$90, johndeeregifts.com) specifically targets noise produced by mowers and other agricultural equipment. If you listen to music while mowing, these are terrific — no need to pump up the volume to hearing-hurting heights.

Our tester was pleased with the headset's abilities. He noted that it filtered the mower's lower frequencies better than higher ones, resulting in a lot of bass from his iPod. And not being able to hear the mower meant not always knowing when it was acting up (it has a joyous habit of sputtering to a stop when faced with a rough patch). On the other hand, the sweet sound of mowing didn't echo though his head for hours afterwards. HOLLY J. MORRIS (EXPRESS)

Sit Back, Make Tracks

With recumbent bicycles, things are looking up for riders

THE MAIN DRAWBACK of a recumbent bike, according to Larry Block, owner of Mt. Airy Bicycles and College Park Bicycles, is the extra time it takes to ride it: "You have to stop and answer questions about it a lot." The low-slung vehicles that

keep your butt near the ground have been booming in popularity over the past decade, but they're still odd enough to invite queries.

"With recumbent riding, nothing hurts. There are no neck, back or arm issues," Block said, noting that the position does require more from the quad muscles, which can make it tricky to climb hills at first. He's been a fan for decades and his wife won't ride anything else.



Bacchetta's Agio has a long wheelbase.

As for which kind of bike is the right fit, it depends whether you're looking to tool around on a lazy weekend or challenge friends to a race. But finding what styles feel good requires a test spin. At Block's shops, he'll let prospective buyers try out a bike over a weekend to decide if it's the right fit for them, which is nice, because recumbents ain't cheap ("I don't call it 'spend,' I call it 'invest,'" Block said). Be prepared to pay anywhere from \$1,000 to \$5,000 for the privilege of pedaling while reclining. VICKY HALLETT (EXPRESS)

VITAL STATS

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| THE EXPERTS

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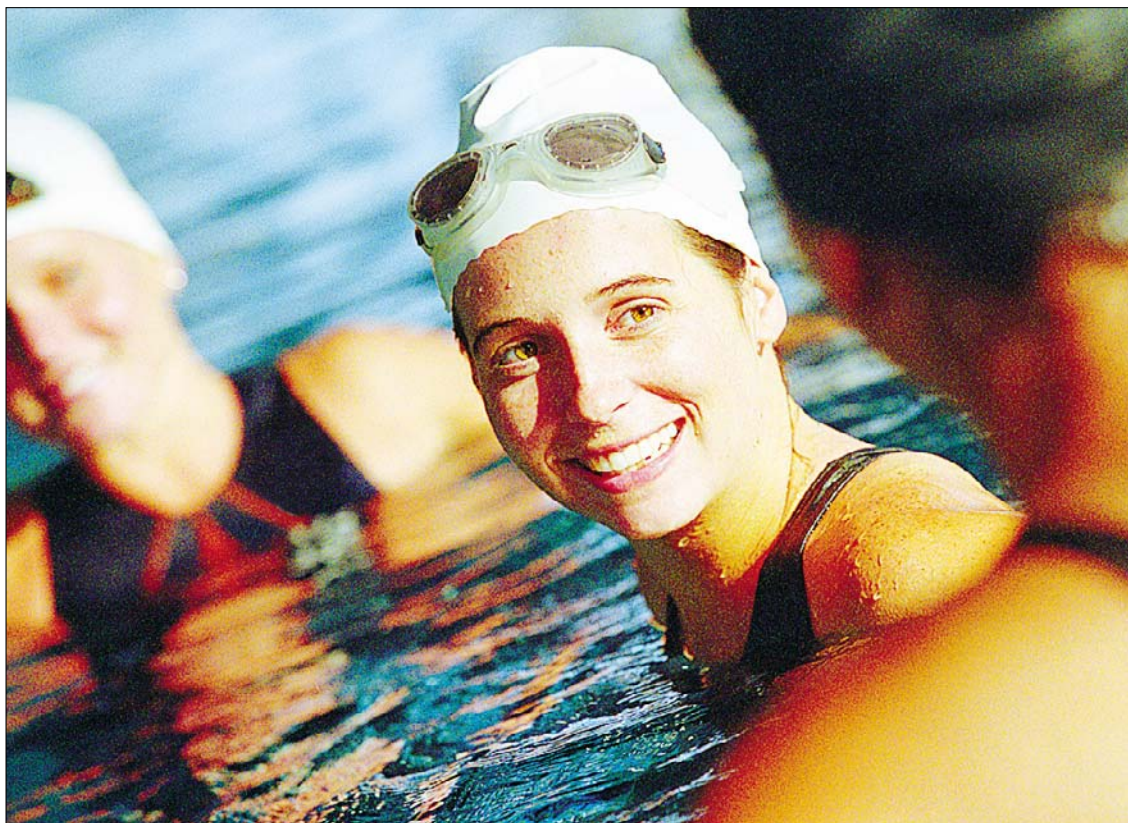
TO EXCEL AT THE GAME OF GOLF

you need terrific hand-eye coordination, balance, flexibility, hip drive and rotational power. Wait, isn't hand-eye coordination a God-given ability? I believe that through training, it can be improved. The Bosu Bola — two balls connected by a bungee cord — is a new training tool designed for the very purpose of improving hand-eye skills.

To improve your balance, you have to first excel at training while standing on two feet without rotation. Progress all the way to single leg training with rotation and you will be able to perform at a high level in sports like golf, which require two feet on the ground. Be sure to improve the flexibility of your pectorals, deltoids, hamstrings, iliotibial band and hip external rotators. Your hips and shoulders must become more elastic.

Creating hip drive and rotational power is most effective when using a stability ball. All rotation will oppose gravity when you lie on your back. Once you have spinal stability, do this type of training to create spinal strength. Use bands and medicine balls to create the maximum in rotational power training.

Matthew Blair Davis is an award-winning personal trainer and president of Functional Revolution Fitness (functionalrevolution.com), which provides private personal training for Northern Virginia and D.C. E-mail him at matt@functionalrevolution.com.



GETTY IMAGES

Shrink and Swim

Practice laps with a masters team to slim down

There's no better exercise than a few thousand yards of free-style, fly, breast and butterfly. Laps work your upper and lower bodies without stressing joints, and if you glide through the pool fast enough, you get your heart pumping, too.

The problem? Solitary swimming can be too peaceful (aka lazy), which is why pool people are turning to United States Masters Swimming, a non-profit organization dedicated to organizing adult teams across the country. There are more than 520 nationally, including 27 in the D.C. area under the umbrella of Potomac

Valley Masters Swimming.

"Most people tell me they can't go as far or as hard on their own," said Clay Britt, head coach of the Montgomery Ancient Mariners, the area's largest team. "You need someone who knows what they're doing."

And swimmers need to know what they're doing to join a masters team. The gold standard is about 50 laps in a 25-yard pool without getting too tired. Learning flip turns and all four strokes can be necessary to keep up with team members, many of whom were swimmers in high school and college.

But although many participants have a competitive streak,

the point of the practices is to exercise — although quite a few folks are prepping for the annual 4.4-mile Bay Swim in June. "We're just trying not to get fat," explained Hector Burga, 32, at the National Capital YMCA last week.

Practice often begins outside of the pool. At the YMCA, Sarah Wessel, 33, bent her leg behind her while perched on a mat. "I didn't used to stretch," she said, "But now I have to do it." Then she plopped in with nine others and checked the board, where the coach had marked the strokes he wanted them to do for a warm-up. As they finished the required laps, they switched

over to intervals and raced with the clock, ending with a relaxed, freestyle cool-down.

For every member like Wessel, who joined her first swim team when she was six, there are people like Bob Axelrod, 58, who took up swimming 20 years ago. "I had a variety of injuries from running, so I started this," he explained. At the D.C. Department of Recreation

WATER WORKS

If you're ready to dive into a masters team, find your match at pvmasters.org. But don't fret if you need more practice time first — with Memorial Day around the corner, outdoor pools are about to open, making it much easier to find lap space. D.C.'s outdoor public pools (free to residents) begin daily operation June 19, although all are open on weekends before that.

and Parks, board member Angela Bradbery also picked up swimming on her own. Her advice for beginners: Keep at it until you build up the strength to last 45 minutes, then try a workout with a masters team to see if it's a good fit.

Once you're in the masters world (and pay the annual fee, which varies by group) you can swim with a team wherever you are. Axelrod always looks up a nearby team when he travels. "I was in Salt Lake City recently and they said, 'Bob! We haven't seen you for a year.'"

Bradbery can't imagine anywhere she'd rather swim than with her team this summer, at the pool in East Potomac Park at Hains Point. "After work on a summer evening, you're looking at the Monument and the planes taking off and the sunset. It's a great way to end the day. You come out refreshed on a summer night." And fit too.

VICKY HALLETT (EXPRESS)

VITALSTATS

59

PERCENTAGE OF SHOPPERS WHO TRIED TO EAT A HEALTHIER DIET LAST YEAR, ACCORDING TO THE FOOD MARKETING INSTITUTE.

running for congress

■ Rep. Tom Feeney

Florida's Rep. Tom Feeney offers constituents the chance to walk a mile in his shoes. Well, in their own shoes, but they walk with him during his campaign beach treks called "Walk a Mile with Tom." What these folks may not realize is that he can really pick up the pace. v.h.



"I'm compulsive about running. I never miss more than one day a year. It's a half-hour a day, so I can be self-indulgent for the other 23 and a half hours."

"Once I was supposed to go to an early campaign breakfast, so I woke up and started running while it was still dark on a golf course. I got completely lost and they had to pick me up in a golf cart."

"It doesn't matter where I am. If I'm on a cruise ship, I run. I've run in the Italian Alps. I've been chased by dogs."

"I saw that, instead of term limits, some people [in the state legislature] needed to be talking about weight limits. If you're spending too much time at those lobbying dinners, it's time to go."



Little Paddle, Large Benefits

Pingpong isn't a wussy sport

Excitement is reason enough to bat a small, hollow ball back and forth. But if that doesn't tempt, consider this: Participants in pingpong glean tangible health benefits. They may even lengthen their lives.

Pingpong burns calories — 272 an hour for a 150-pound person. This is not as many as singles tennis (544) or even doubles (408), but a cool 102 more than billiards.

In fact, batting the ball about the table with friends on a regular basis may offer a nice mix of mental, physical and social benefits, said Dr. Gary Small, director of the Center on Aging at the University of California, Los Angeles.

For starters, pingpong provides a deft mental workout. Such mental stimulation can affect how the brain is wired — perhaps even warding off cognitive decline in future years. Exercise tends to help the front part of the brain, especially if one is solving complex problems, such as mapping out sophisticated strategies for winning a pingpong game.

It also helps forge social connections, which increase the chance of

living to a ripe old age. "Unless you are playing pingpong against a wall, it is tremendous to have connection, have fun

and be socially involved with other people," Small said.

Of course, what you get out of pingpong depends on what you put into it, said Dr. Frank Chen of the Palo Alto Medical Foundation's sports department. If you're just banging the ball with some buddies, don't expect to drop pounds or gain stamina.

But if you are playing really competitive table tennis, that's different. Concentrated, quick, high-octane play at that level can offer a cardiovascular and aerobic workout, and build strength in the body's fast-twitch muscle fibers.

"Pingpong also works very well in terms of building eye-hand coordination," Chen said. "It helps build your reflexes because you do need to stay focused at that very high level. You are using your arms, legs and shoulders, basically enhancing speed and strength in all those areas."

All this, and perhaps, no tennis elbow. HILARY E. MACGREGOR AND

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Try Tilting at Treadmills

The gym staple is anything but boring in this rigorous class

Sure, you can hit the gym and spend 30 minutes running and 30 minutes biking, but without an instructor like Christina Plourde keeping an eye on your progress in what she calls her "mini-biathlon," there's no way you'd push yourself as hard as you do in this class.

HOW IT WORKS: Students start off in the regular treadmill area of the gym, so they can watch Matt and Katie or their other favorite morning team while racing. But they also have to keep an eye on the laminated card courtesy of Plourde. Depending on your skill level (walker, jogger, runner), the cheat sheet breaks the half-hour into two- and three-minute increments and tells you how fast to run and



MICHELLE REPIO/EXPRESS

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Bike and T.R.E.C., Fitness First (1075 19th St. NW; Metro: Farragut West). Class is Wed. at 7 a.m. for members only. For more info: 202-659-1900 or fitnessfirst.cc.

at what incline. If you can normally handle 7.5 miles per hour on a flat treadmill, just wait until

you try a few minutes at an incline of five. Ouch. "Adding incline is a great way to get the heart rate

up," Plourde noted. Then, the gang heads to the downstairs spinning room (which is adorned with a black-light mural) for a vigorous bike ride.

IF YOU CAN'T KEEP UP: Plourde's not looking to kill anyone, so don't worry about reducing speed on the treadmill or not sending your legs flying in the cycling section (you may well be pretty pooped by then anyway). She'd prefer you maintain the incline, rather than the speed, while running when you need to take it down a notch. But she's not staring over your shoulder the whole time.

IF YOU LIKE NICE WEATHER: The class kicked off in December, when the idea of hitting the streets in the morning was probably far from the minds of most students. But now that 7 a.m. can be primo jogging temperature, Plourde helps people do the running portion outside by providing maps of the neighborhood with preferred routes and distances.

CROWD: Plourde accommodates a range of athleticism, from walkers to sprinters. But it's tough to be social when you're on separate machines the whole time.

WORKOUT: With just half an hour on each machine, the class whizzes by quickly. But in that time,

"Adding incline is a great way to get the heart rate up."

you've probably run three miles and biked 10, which is a nice jolt of cardio to start your morning. And the weekly reinforcement of pushing yourself with both speed and resistance will encourage you to kick into high gear when you're hitting the gym on your own.

VICKY HALLETT (EXPRESS)

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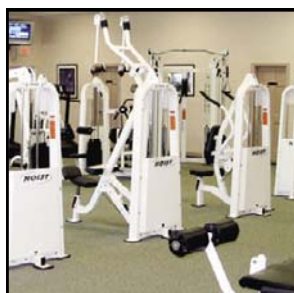
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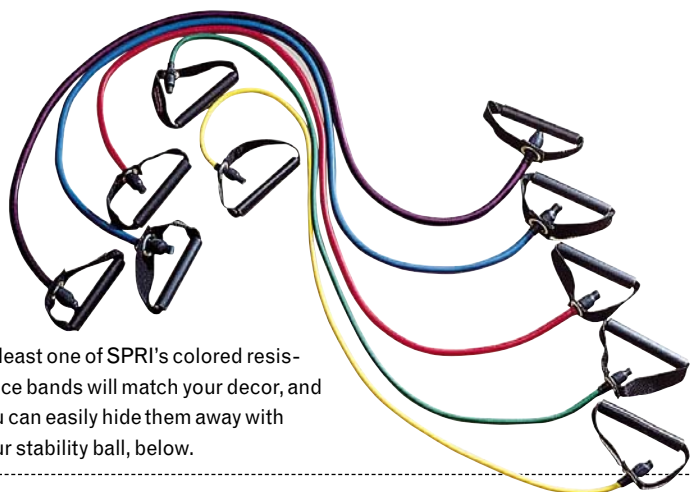
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Slim Gyms for Small Spaces

Home fitness can be compact

Forget about the rows of hulking treadmills, the array of weight machines, the stack of fresh towels and the free shampoo. A gym doesn't require any of that to raise your heart rate and build your muscles. In fact, all you'll ever need can squeeze into a closet in the tiniest studio.

It can also fit into the trunk of a car — just ask personal trainer Jim Coughlin, who makes house calls in Montgomery County. His typical automobile arsenal includes resistance bands for overall training, a medicine ball for ab exercises and a stability ball for the lower back. For weights, he likes PowerBlock, an adjustable system that takes the place of 14 dumbbells (or more, depending on the model) by letting the user shift a magnetic pin to lift a different amount of weight. And it takes up a space that's smaller than 2 feet by 2 feet.

Those items might be compact in size, but they hold their own against the big guns in terms of effectiveness, which is why another local trainer, Doug Murphy, recommends them to clients looking to start up a home gym: "For under \$100, you can get a stability ball, a basic mat to keep you comfortable and different resistance bands for \$4 each, and you can work your upper body, your lower body, your core. If you know how to use the equipment, that's enough

for anyone." If the budget is more like \$500, he'd add free weights (PowerBlocks start at \$129) and a bench. Folding benches are just fine unless you're a very large person lifting a ton, Murphy said. "You might lose stability there."

For folks eager to spend more and use more space, there's also the fold-up treadmill. Murphy advises not skimping on price, because if you're used to health-club machines that cost between \$5,000 and \$10,000, a flimsy version for a few hundred bucks won't feel too good. John Perkins, of Bethesda's Fitness

Resource store, agreed. "Most folding treadmills aren't as stable. And a bigger person, a 6'5" guy, will feel like he's running on a rickety piece of nothing," he said, noting the exception is the Pace Master Gold Elite Fold-Up (\$2,500), which stores away at just 28 inches by 28 inches. "When it's set down, it seems sturdier than some non-folding machines," he said.

But Georgetown personal trainer Yaz Boyum cautions against going that route: "Generally anything that folds up turns into a clothes rack." She's a bands, weights, ball and bench purist. "The Thigh Master will sell to people who want to reduce the size of their thighs, but you can work those same muscles without one," she said.

And you can do it all in your living room. VICKY HALLETT (EXPRESS)

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GETTY IMAGES

Training for Tough Terrain

How the pros prep for hiking

Rebecca Rusch, top adventure racer and captain of team Montrail-Revo, offers her tips on becoming a better hiker.

vent them from chafing. She likes Friction Zone (\$16, Brave Soldier), because it has tea tree oil to prevent fungus.

BETTER FORM: Keep your torso upright when you're working up and down hills. "There's an incorrect tendency to lean far forward on the uphill," Rusch said. If you maintain an upright stance with only a slight uphill lean, you'll be able to move more efficiently. On downhill, keep your body directly over your feet for better traction and control: "The tendency on downhills is to lean too far back, but then your feet can sometimes slip out from under you."

BETTER GEAR: Hiking poles can take 30 percent of your weight off your feet, Rusch says. "It's like having four legs, so you can save your feet from excessive wear and tear." They also help you balance on tricky terrain, and you get a more complete workout by using your arms to help pull you uphill. Hold them so the top reaches higher than your waist but lower than your armpits.

BETTER PROTECTION FROM INJURY: Rusch's secret anti-blister weapon is a skin lubricant that you rub directly onto your feet to pre-

BETTER IN-THE-GYM PREPARATION: A global positioning system isn't the only thing that'll help you navigate tricky terrain; strong feet and ankles will, too. Grab a DynaDisc (a small circular disc filled with air) in the gym or use a Bosu trainer or soft mat. With one foot, stand on the center of the disc with your knee slightly bent and your upper body relaxed. Try to balance for 1 minute, then switch legs and repeat. As you improve, count down 90 seconds or try doing 10 mini one-legged squats as you balance.

DO IT EVEN BETTER! Shift gears with your legs the same way you would on a bike so that you vary your stride to match the steepness of the terrain. When it gets steep, take short, quick steps. You'll get up the hill faster with less effort. On the flats, take longer strides to cover more ground. Stretching your stride will also give you a breather, because you'll engage all of your leg muscles, which takes the burden off heavily used quads and calves.

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| STUDIES

Stethoscope



Too Many Vitamins?

A presentation by a panel at the Institute of Medicine suggested last week that Americans are taking too many vitamins. No studies, they said, strongly supported the claim that vitamins could prolong life or prevent cancer or heart disease — at least, not as well as eating right, exercising and not smoking. That doesn't include supplements for folks who really need them, such as older women who take calcium for tougher bones. Some vitamins and minerals are toxic at high levels, such as iron.

Oh, the Life of Greeks

Sixty percent of college students in the Greek system reported getting drunk once a week — nearly twice the 32 percent of non-Greeks who said the same, according to a study of 10,365 students by Wake Forest University researchers. The drunk-once-a-week frat bros and sorority sisters were five times as likely to suffer burns and falls from heights. Sisters who were inebriated weekly had double the risk of being sexually assaulted. And Greeks were twice as likely to injure someone else.

Go Ahead. Get Mad

Type A personalities, take note: Consistent on-the-job stress doesn't seem to be the huge contributor to chronic high blood pressure it's long been pegged as. According to a report published in *Current Hypertension Reviews*, 48 past studies showing the link were flawed. Little pockets of stress can, of course, up the blood pressure briefly, as anyone feuding with a cubemate knows. And stress is still linked to heart disease, so please, stay calm.

Drink to Your Health

Making sure the water in your home is clean, clear and nontoxic

About 40 percent of Americans use some type of filter or purifier to treat their drinking water. Should you?

Answer: That depends on where you live. "Water quality varies tremendously from one water supply to another," explained Erik Olson, head of the Natural Resources Defense Council's drinking-water program.

To determine whether you need to treat the water you drink, first find out what, if any, unhealthy contaminants are lurking in it. To do that, first get the report.

The federal Safe Drinking Water Act requires water companies to issue annual reports on contaminant levels. Yours should come with your water bill. If it doesn't, call the water company and ask for a copy. You may also find the reports at the local library or, if your water company is large enough, at the Environmental Protection Agency Web site.

Then, read the whole thing. In its investigation, the NRDC found that several water companies buried bad news inside their reports. The cover page of Washington, D.C.'s, for instance, announced, "Your drinking water is safe." But following pages revealed that the city's water contained worrisome levels of lead and potentially harmful chemicals.

Double-check the numbers. In addition to the levels of contaminants in your water, your report



GETTY IMAGES

should specify the Environmental Protection Agency's "MCL" or "maximum [allowable] contaminant level" for each. If a contaminant level exceeds the MCL, the EPA will require your water company to take steps to fix it.

If you're pregnant or have an infant at home, look for levels of nitrate, a contaminant from fertilizer and feces, and chlorination by-products called trihalomethanes, Olson says. These may increase risks

of miscarriage, birth defects and other health problems.

You can also call the company. Most water companies test for more contaminants than the EPA requires. Call yours and ask if it has found high levels of any it tests for voluntarily, since these may not appear in your annual report.

Got kids? Test for lead. If your kids are 6 or younger, definitely test for lead, even if your annual report shows low levels of this toxic metal

in your water supply, Olson says. These days, lead contamination often originates inside the house.

Most cities have replaced old lead water mains with iron ones. But older buildings may be plumbed with lead pipes or copper pipes welded with lead solder. Even new "lead-free" faucets may be made from brass that contains enough lead to cause problems, such as lower IQs.

"Quality varies tremendously from one ... supply to another."

If you do find something in your water, which treatment should you use? That depends — on what's in there, whether you want to treat every drop that enters your home, and how much you're ready to spend. There are several different types of treatment devices, from carbon filters to more complex ion exchange systems and distillers, and they range in price from \$20 to \$2,500.

Unfortunately, there's no single system that removes all contaminants, explained Joseph Harrison, technical director of the Water Quality Association (WQA), an industry group. So, you could need more than one kind of device.

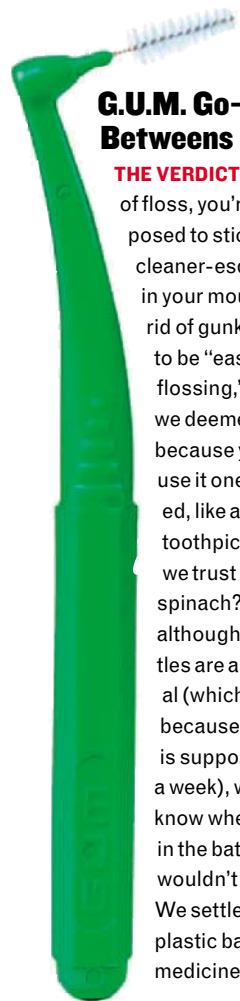
Most types come in a variety of models. There are pitchers, devices that screw on to faucets and under-the-sink units. There are also more pricey point-of-entry, or whole-house, systems (installed where the water enters your home) that treat all your water for drinking, dishwashing, bathing, showering and laundering. Why choose one of these? Showers are a particular problem because you can inhale trihalomethanes, which have been linked to health problems including cancer and miscarriage. BARBARA LOECHER (REPRINTED BY PERMISSION FROM PREVENTION MAGAZINE. © RODALE INC.)



hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

Do you have intense itching? A rash between your fingers, or along your waistline, or on your butt? Is the itch worse at night, when you're in bed? Do other people in your family itch, too? You may have **SCABIES!** This skin problem is caused by a mite, *Sarcoptes scabiei*, which burrows into nice, warm areas of skin like waistlines and inner elbows. The little bugger is transmitted through skin contact, so it's most common where folks are crammed up against each other — homes, schools, barracks. To cure the condition, you have to kill the mites, which is done with scabicides and can take up to three weeks. SOURCE: MERCK MANUAL. NOT A SUBSTITUTE FOR MEDICAL CARE.



G.U.M. Go-Betweens (\$3.30 for 4)

THE VERDICT: Instead of floss, you're supposed to stick this pipe cleaner-esque thing in your mouth to get rid of gunk. It claims to be "easier than flossing," which we deemed true, because you can use it one-handed, like a super-toothpick. But do we trust it with spinach? No. Also, although the bristles are antibacterial (which is good, because each one is supposed to last a week), we didn't know where to put it in the bathroom that wouldn't be gross. We settled on a plastic baggie in the medicine cabinet.

4 score

New ways to get between teeth and gums

Reach EasySlide Pro (\$5)

THE VERDICT: Like its cousin, Reach CleanPaste, this floss provides more than the standard flavored string. The mint crystals that cling along the side are a tad messy—they're guaranteed to get all over your hands—but you probably won't mind after this floss has slid into every nook and cranny of your jaw and, in the process, loosened up all of the food bits and build up. The package boasts of "plaque grabbers," and though we couldn't see them, they seemed to be working.



Reach CleanPaste (\$5)

THE VERDICT: Usually floss picks up white stuff as you rub it all over your plaque. But CleanPaste comes imbued with white stuff that seems like dehydrated toothpaste. The flakes come off a bit on your fingers, but boy do your teeth feel fresh. Lazy people might even be inspired to skip brushing.

Crest Glide Deep Clean (\$5)

THE VERDICT: There's something oddly luxurious about this microtextured floss, which feels like silk when you send it in to do your dirty work. The opaque strand appears thicker than the Reach varieties, but it wiggles its way between the canines and molars just as easily, if not more so. And it delivers a remarkably fresh blast of cool mint without needing to add any annoying schmutz. Plus, it's got a money-back guarantee if you're not convinced.



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Need Some Handholding?

Your paws need anti-aging care as much as your face does

Hands are a dead giveaway to your true age. Even in one's 30s, they can show the effects of sun damage and natural aging—dryness, scattered brown spots, thinning skin.

Fortunately, you can slow the clock by pampering your hands with the same TLC you give your face.

MOISTURIZE: Lotions and creams won't de-age your skin, but they will temporarily restore softness, giving hands a more youthful appearance. For skin that's normal to dry (and most hand skin is, even if your face is oily), try Olay Quench Rapid Repair Hand Lotion (\$5) or Neutrogena Norwegian Formula Hand Cream (\$4). Both contain glycerin, which absorbs and retains moisture, and are available at drugstores. For severely chapped hands, slather on shea butter, hand balm or a thick face cream, and be sure to rub it into your cuticles.



Any of these products will form a water-resistant barrier that prevents moisture from evaporating. Other formulations that will do the same: De-Luxe 100 Percent Pure Shea Butter (\$10, drugstores) and Lush Soft Touch Body Butter (\$11, Lush stores and online). Apply morning, night and after every hand washing.

BLOCK RAYS: UV protection is the most effective way to prevent new brown spots and mottling, as well

as to slow collagen loss. Before going outside, apply a broad-spectrum sunscreen (minimum SPF 30) or sunblock to the tops of the hands and the forearms, areas that get more exposure than palms, advised Dr. Deborah Sarnoff, an associate clinical professor of dermatology at New York University.

Reapply generously (a dime-size dab per hand) and often—at least every 30 minutes when active or every 2 hours when exposed to incidental sunlight. Nonslippery formulas with extra staying power include Banana Boat Sport SPF 50 (\$8, drugstores and mass-market retailers), Jack Black Sun Guard Oil-Free Very Water/Sweat Resistant Sunscreen SPF 30+ (\$9, Nordstrom) and Peter Thomas Roth Ultra-Lite Titanium Dioxide Sunblock SPF 30 (\$36, Sephora and the Peter Thomas Roth Web site). LINDA DYETT (REPRINTED WITH PERMISSION FROM PREVENTION MAGAZINE. © RODALE IN C.)

Nutrition | fit

| THE EXPERT'S

ChewOnThis

Trans America

Q I see bags of chips that say "zero trans fat." What's the significance? Does that make them healthier than chips that HAVE trans fat?

CORRECT! FOODS WITHOUT trans fat are indeed better. Trans fat, along with saturated fat, is considered a "bad" fat because of its negative effect on health — namely, raising blood cholesterol levels. Nutrition experts recommend consuming as little trans fat as possible. Thanks to a new labeling law effective Jan. 1, 2006, trans fat must be listed on the Nutrition Facts panel of foods, making it easy to tell whether or not your



favorite snack contains trans.

Why use it in the first place?

Trans fat gives products better texture (for example, crispy crackers or flaky pie crust) and lengthens the shelf-life of foods. But over the past decade, food manufacturers have found suitable substitutes, and many products are now "trans free." Again, check the label, especially when it comes to packaged foods like cookies, cakes, chips, crackers and cereals. Limit fried fast foods as well, such as French fries and doughnuts, which are loaded with trans fat.

Kristen Ciuba, MS, is the nutritionist at Results the Gym, in Washington, D.C. She also implements corporate nutrition programs for local companies. E-mail her at nutrition@readexpress.com



GETTY IMAGES

What To Order, What To Avoid

Menus for restaurant-goers

Here's another installment of what to chew and what to eschew when you're eating out.

Italian

GOOD: Linguine alla Marinara. Pasta is a hit with nutritionists now that scientists have discovered that the lycopene in tomatoes is an antioxidant and major cancer fighter. Garlic will help kick colds, and olive oil provides vitamin E.

BETTER: Capellini Pomodoro. The sauce boasts garlic, olive oil, high-fiber chickpeas and basil, which contains flavonoids that help maintain cellular structure.

BEST: Pasta with Frutti del Mar. This bevy of seafood serves up omega-3s, B vitamins, magnesium and potassium.

WORST: Fettuccine Alfredo. The sauce alone has up 38 grams of fat in a 1/2 cup serving.

Thai

GOOD: Shrimp Pad Thai. Peanut oil is delicious and nutritionally sound. Still, leave a few high-calorie peanuts on the dish when you're done.

BETTER: Pad See Ew. The ultimate comfort lunch, pad see ew combines thick, flat rice noodles and heaps of Chinese broccoli with egg, garlic, soy sauce and a little sugar. Broccoli is a wonder vegetable that

has been shown to ward off cancer, heart disease, ulcers and cataracts while providing calcium.

BEST: Pad Kra Prow. Chiles are anti-inflammatory cholesterol fighters; garlic and mushrooms strengthen your immune system; and basil helps maintain cells.

WORST: Masaman Curry. With coconut milk, potatoes and peanuts over white rice, this dish combines one too many high-calorie ingredients.

Chinese

GOOD: Chicken and Cashews. Ideal if you're this close to ordering something fried and syrupy. The chicken's protein is filling, while the cashews are decadent without adding sugar or pools of oil.

BETTER: Shrimp and Broccoli. A simple stir-fry isn't likely to have a lot of sauce, which means minimal fat. And shrimp has less fat and fewer calories than chicken or beef.

BEST: Buddha's Delight. Bean curd, rich in calcium and fiber, is accompanied by an array of vitamin- and mineral-packed vegetables and herbs.

WORST: General Tsao's Chicken. Chicken chunks are rolled in egg and cornstarch, then deep fried in oil and drowned in a sugary sauce.

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